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WILSON'S MEAT COOKERY

WILSON'S MEAT COOKERY

ELEANOR LEE WRIGHT
Director
Domestic Science Department
Wilson & Co.

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FOREWORD

FOOD products must always be bought with economy and utilized with care. We have prepared this book in the hope that it will help the women of America to purchase and use food products carefully and wisely.

Wilson's Meat Cookery illustrates in a simple, practical manner the different cuts of meat, and tells in everyday language the most economical and appetizing methods of preparing them for the table.

The cheaper cuts of meat heretofore have been neglected; possibly because people considered them not good enough, or did not realize their high nutritive value.

The suggestions here presented will be new to many a modern housewife, yet our grandmothers used these inexpensive cuts and relied upon them for some of their best dishes.

The average grade of live stock today is much superior to that of ten or fifteen years ago. Consequently, when we use the cheaper cuts of meat, we have the advantage of this betterment in quality.

For example, in considering meats, we naturally think of the loin and ribs. These constitute only a part of the meat available in the animal. It is obvious that if all the available meat is used properly, the total supply of meats will increase in proportion, and the average price will be lowered correspondingly.

The charts and illustrations show you just how the cuts of meat look and tell you exactly what portions to ask for. They also show you the large percentage of excellent meat that is not being utilized by the average family.

You can only take full advantage of this knowledge by doing your marketing in person. You must select your own meats if you expect high quality at a reasonable price.

Our recipes tell you in detail the best way to prepare these cuts for the table. We have compiled this book along practical lines. We want it to be useful and helpful to those who have to make every penny count—to the family of moderate means—and to the more prosperous as well. So that you will save money and have better food, study this book and accept its suggestions in the spirit in which they are given.

Thos. E. Wilson

President

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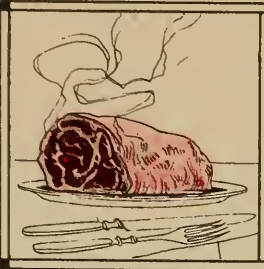
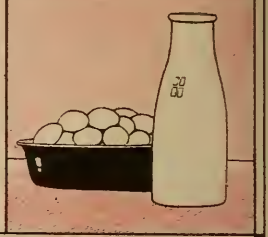


Food Value of Meat



"The Wilson Label Protects Your Table"

MEAT is most important in our daily living. It is the staple food in the countries that show the greatest enterprise and energy. Eminent authorities all agree on the desirability of some meat as an article of diet. Meat is almost completely digested by a normal person, is always available, easy to prepare, and tastes good. The savory odors that arise in the cooking of meat arouse pleasant anticipation.

The consumption of meat in this country is larger than that in any other nation; meat is cheaper here and of a better quality. We have been prosperous and use meat freely, often wastefully. Conditions demand that this waste be stopped; we are not asked to omit meat, but to use it intelligently. Economy means wise use, not denial.

The food value of meat is principally for the tissue-building material called protein. Then, too, it is valuable for the fat which is present, for fat gives the body both heat and working energy. The protein also gives muscular power which makes it essentially the diet of those who do work out of doors and those who do hard manual labor. Mineral substances are present in small quantities. They aid in body growth and development.

Very young and very old people require little meat; and it is required only in moderation by anyone. Amounts vary with individual conditions, occupations and habits. People who are undernourished lack resistance to ward off disease—those in prime health have the greater resistance. Meat has a higher food value than most vegetables.

Wise buying, careful preparation and sensible serving are necessary to take full advantage of this opportunity. Health must be conserved, bodies nourished, needs gratified and tastes pleased; all at a minimum cost.

Many prejudices must be discarded by loyal people—that all foods may be utilized. Nature demands a certain balance; a lack in one element must be made up by another. When the meat supply is scant, the increased use of butter is immediate—indicating a doubtful economy. We pay a good price for meat, eggs and milk, but get full value for our money. No other foods repair bodily waste so perfectly. The digestibility of meat depends somewhat upon texture and fat, as well as upon the cooking, but the actual difference between various meats is slight. Meat is the most satisfying food that we place upon our table.

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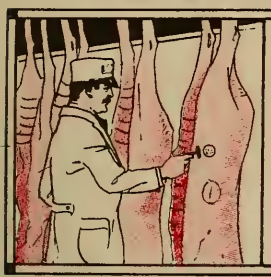

Government Inspection and Refrigeration

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GOVERNMENT inspection is a tremendous factor in the production of meat. The breeder knows that his cattle must undergo a most rigid examination by a number of government experts. These experts must be graduated veterinaries and pass a rigid civil service examination before they are admitted to the Government Inspection Bureau. These men are on hand to detect any indication of unsound meat before, during and after the stock is slaughtered. Our greatest insurance against unwholesome meat is the stamp of Government Approval, and only meat which bears this guarantee should be purchased. Immediate chilling follows the killing of the animal and the meat is kept from five to ten days in a sanitary cooler to render its condition perfect. The meat is then ready for the refrigerator of the retail butcher, where it hangs until placed on the block.

Frozen meat is perfectly wholesome, and may be used with safety by any one, provided it is used at once. Meat when thawed out spoils very quickly, so that the cooking should be started as soon as the thawing is done. People eat frozen fish half of the year, and yet many have an idea that frozen meat is undesirable.

The Government stamp assures us that the meat is from healthy stock, but it cannot go further and point out why one animal is finer than another—since, while all the meat is good, some is better. Meat should be heavy for its bulk, solid and firm. The bones of young animals are spongy and those of mature stock solid. Uncut beef is a deep red color; it turns brighter after it is cut and exposed to the air. The color of the fat may come from breed and feed, as well as from maturity—a creamy, waxy fat is preferable to a yellow, oily one; but fat there must be to indicate proper feeding.

The refrigerator car has solved a great problem in getting fresh meat to all parts of the world. First the meat is chilled for forty-eight hours in order to eliminate all animal heat. The meat is shipped in cars which hold enough ice to last twenty-four hours. There are icing stations at division points every 150 to 250 miles. Fast train schedules are arranged so that not more than twenty-four hours elapse between the icings. Each refrigerator car is thoroughly cleaned twenty-four to forty-eight hours before time to load.

All of these things have been worked out on a scientific scale so that the product reaching the ultimate consumer will be in the best possible condition. This care and selection are steps which the housewife can help to control by her demand for inspected and well cared for meat, another factor in economy.

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Marketing

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SATISFACTORY marketing can only be done in person. The order boy and the telephone are convenient at times, but do not prove economical in daily use. Some planning should be done before going to market, but it may be desirable, when one sees what the retailer has in stock, to change these plans. Sensible women patronize reliable dealers and do not hunt for food bargains, which often are actually unsafe. A clean market means wholesome food and an insurance against doctor bills. Upon the choice of meat depends the choice of vegetables for the same meal, so that the butcher should be visited first. We must not mistake cheapness for economy. Solid meat at 30 cents a pound is cheaper than half bone and half fat at 20 cents. Soup or stew needs bone for flavor — a pot roast may be boneless.

We need variety in our diet, but this variety should be obtained by having a different menu each day rather than a large number of dishes at any one meal. The old fashioned idea of a table laden with all kinds of food is not considered good form today—since it leads to overeating, which is not only harmful, but forms a waste of food. The good housekeeper takes "just enough" for her motto. She is neither extravagant nor stingy and well cleared dishes at the end of a meal are an indication of her careful planning. She has few left-overs, but those which she has, are carefully used at future meals.

It is often desirable to cook enough of a certain food for two meals at one time, but it should not all be placed on the table at the first meal—as then no one is tempted to overeat and there is no hint of future service. The amount of foods necessary may not be calculated exactly at first—but experience will soon teach the housewife how to figure the correct amount required. Appetites are often made fickle by frequent repetition, careless cooking or a poor combination of different foods. (See pages 44 and 45.)

Some attention must be given to fuel economy in planning a meal. The cook who uses the oven for one dish and the top burners for several others at the same time shows poor judgment; her oven should be used at full capacity whenever possible. A list of standard dishes that the family likes is a convenience, although no set of menus, however helpful, can be exactly followed, as tastes and personal choice differ. In time of unusual conditions, however, we should all try to eat the foods that are available.

Intelligent marketing, careful preparation, skilful cookery and judicious service are tasks worthy of any woman.

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Meat Economy

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TRUE economy consists in knowing the nature of the various cuts of meat as to their proportion of fat, lean, bone and waste. If we eliminate fat, the edible meats vary little in their food value; the loins and ribs, which form about one-fourth of the weight of the cattle, represent nearly one-half the retail cost. The rational way to equalize the market is to use all of the meat, but the demand for center cuts of quality has so increased that the lower priced parts are sadly neglected. Yet experience in making soups shows that a greater amount of extract and flavoring matter is found in these cheaper portions.

Many will be glad of these suggestions that cut down the cost of meats and supply nourishing dishes at the same time:

(1) Take advantage of varying market conditions.

(2) Purchasing large amounts of meat, provided one has space and equipment for keeping it.

(3) Occasionally substituting fish, game or whatever similar food may be less expensive in the community.

(4) Utilization of left-overs.

(5) Careful use of meat, bone, fat and trimmings.

(6) Use of less expensive cuts.

(7) Careful serving at the table.

(8) Careful preparation.

The last two items mentioned should receive no small amount of consideration. Of course the first step in economy is the wise selection of meat which is handled and marketed in a sanitary way, but, no matter whether the cut is cheap or expensive, it must be well cooked in order to utilize it to the best advantage.

If meat is not well prepared it is very likely to be wasted at the table. Such circumstances would make it of greater advantage to use canned meats and their products, for they are wholesome, appetizing and palatable. The quantity of meat usually eaten by each member of the family should be considered not only when the purchasing is done but also in the serving. Table waste can thus be eliminated. The dignity of the family is far from lessened when these points of economy are seriously regarded.

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Selection of Meat Cuts

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THE cook, to use cheaper meats to the best advantage, must know how to utilize all the fat. The home rendering of excess fats and those remaining from cooked meat, cut down the need for commercial fats and oils. The clarifying of used fats greatly increases their use.

Large bones should be cracked before cooking to get all possible flavor, gelatine and marrow out of them; this necessitates straining the liquid after the cooking is completed, so as to avoid all bits of bone. Meat trimmings should be used with the bones to prevent waste. In fact, every part should be utilized.

The housewife should take advantage of the fact that tenderness, appearance, and convenience in cooking, rather than actual food value, largely determine retail prices. The facts are that the cheaper cuts of meat are by far the most economical from every standpoint. She can get the most for her money by purchasing cheaper cuts and serving tender ones through skilful methods of cooking. Either money cost or considerable labor must be put into food materials to produce perfect results, so that she who has more time than money finds it pays to spend time in her kitchen. Statistics show that over 30 per cent of the average modest income is spent for food, and these figures do not take into account any allowance for fuel or labor. This indicates the large amount of responsibility that rests upon the shoulders of the housewife.

The prudent buyer considers the following points in choosing meats:

(1) Quality, which includes color, grain and fat.

(2) Method of cooking, which includes flavor, fuel and time.

(3) Number to be served; also whether all the meat is to be used at one meal or part reserved for a second serving: the possible use of left-overs.

(4) The cost, which means not only the initial outlay but the total cost of fuel, time and additional material.

It is a common belief that the cheaper cuts use enough more fuel to make the final expense equal. But this is usually untrue if the heat is properly regulated. Ten minutes' broiling of chops at a high temperature costs more than four hours' simmering of a tougher cut. Another popular, but mistaken, idea is that the shrinkage, due to long cooking, greatly exceeds that of short cooking. When cooked in the right way, there is little difference and no loss in flavor if the liquid and the meat are combined.

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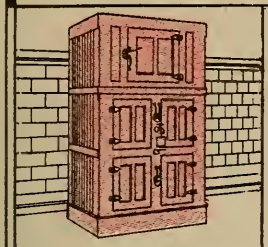
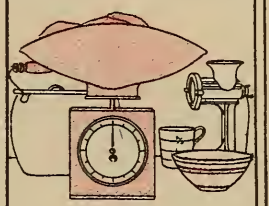


Care of Fresh Meats



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WHEN meat is brought into the kitchen, either by the delivery boy or by the housekeeper herself on her return from market, the wrapping should first be removed and the meat weighed to check up the household accounts.

Buy a pair of good scales; keep them in a handy place for incoming supplies and use them. First weigh the plate or dish in which the meat is usually placed; then weigh the meat itself and deduct the weight of the dish. Trim off any portion of the meat that looks unsound, or has a particle of odor. Divide the meat into the proper amount, if only a portion of it is to be cooked that day. Wipe with a damp cloth, or scrape the surface of the meat with a knife or scrub with a brush, but avoid washing it unless necessary, for juices are lost when meat is placed in water. When washing is essential, it should be done quickly and the meat wiped dry. Place the meat on a plate or other suitable container and put it in a cool place (but never on ice) until ready to use.

Meat kept for some hours should be well covered. Almost any clean utensil may be used; either of crockery, aluminum or enamel ware; but iron and tin will rust, cracked plates absorb odors and chipped granite is unsafe. The common custom of using any old dish for the pantry and the refrigerator is neither sanitary nor economical. Careless cooks put meat away without removing the paper in which it is wrapped and then wonder why the flavor is impaired and juices are lacking with the result that the butcher gets the blame for faults which lie nearer home.

It sometimes happens, that owing to a change of plans, the meat purchased for use today must be kept over until tomorrow. If refrigeration is good, a day's delay will cause no harm, but the use of a marinade is a wise precaution, especially since both beef and mutton are really improved by it.

The marinade may be prepared by modifying French Dressing. Blend a tablespoon of vinegar or lemon juice with two or three tablespoons of oil (olive, corn or peanut oil may be used) and adding a light seasoning of salt and pepper. If desired, a bit of bay leaf or onion may also be added, but if this is done, the meat should be tightly covered if placed afterwards in a refrigerator.

The meat is placed in an earthen dish and thoroughly coated with this marinade and turned occasionally to distribute the coating evenly. The amount of dressing necessary is determined by the quantity of meat with which it is to be used. The oil enriches the the meat, the acid makes it tender and the combination protects the surface from the air and aids in preserving it. A good steak is made better and poor meat more palatable by this process.

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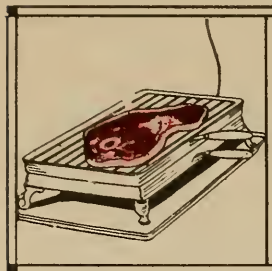
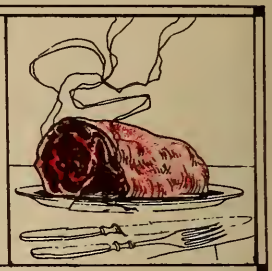


Principles of Meat Cookery



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WE cook meat for one of two purposes: either for the meat itself or for soups. A combination of the two methods is possible in a stew or casserole dish where meat and liquid are served together.

Different methods of cooking meat depend largely upon the meat itself. Tough fibres require an entirely different treatment from tender meat, but in every case the first consideration is to retain the juices.

The larger the surface of the meat the more the juices are likely to be drawn out; that is why we cut meat into pieces for soup. The protein of meat is partly soluble in cold water and as we wish to secure as much of it as possible in the making of good soup, cold water is used. The meat should be allowed to stand in the cold water before heating until the liquid becomes red and then slow heat applied to still further draw out the juices. Tough meat and poor soup is the result of rapid cooking which hardens the albumin and retains the juices in the meat instead of allowing them to escape.

A tender cut should be cooked at a much higher temperature than tougher pieces and the method employed in cooking any particular piece of meat depends upon its quality and the cut. A proper understanding of muscular fibre is therefore necessary in selecting meat. It is quite possible to roast or broil a piece of meat that is hung a little too long, but meat for stewing must be fresh and sweet.

If cost is not an object, the ribs and loins furnish flavor and nutriment together with meat in its most tender form. If we desire to retain the juices in the meat, we must apply strong heat to harden the surface. This heat may be applied in several ways: (1) By the direct heat of broiling over a flame; (2) by radiated heat in a hot oven, contact with hot fat or a heated utensil; or (3) by immersion in boiling water.

The result of intense dry heat differs entirely from that of moist heat. A caramel-like flavor is developed under dry heat at a much higher temperature than the boiling point of water. It is this special flavor that makes the pot roast richer than the boiled meat and gives steak the fine taste that is lacking in a stew.

The flavor of meat is much improved if it is browned before boiling; this crisping or browning may include all or only a portion of the surface. To make a savory broth put part of the meat in cold water and heat slowly as in soup making; then add the brown parts for additional richness and simmer the whole until tender. If meat does not have sufficient fat to crisp in the hot pan by itself, additional fat must be added.

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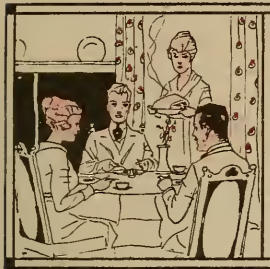

Cheaper cuts made Palatable

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THE juices evaporate quickly in cooking unless the meat is protected by the fat. Brown meat well but avoid scorching if you value your digestion and your reputation as a cook. Boiling liquid surrounding a piece of meat holds in the original flavoring matter, but does not impart the additional flavor obtained by dry heat.

The whole process of preparing the cheaper cuts demands time, care and attention to detail.

Certain cuts are best adapted to certain dishes only and some cuts are adapted to various dishes; but the same general principle underlies the preparation of them all.

We soften cheaper cuts by several different processes in order to make them more palatable:

(1) Long, slow cooking (the most important way).

(2) Chopping or grinding, to separate the fibres.

(3) Pounding, to break the fibres.

(4) The use of acids, such as vinegar or lemon juice..

(5) Freezing or hanging the meat in a low temperature (Cold Storage); this develops acids which soften the meat without injuring it.

Opportunity for variety lies in adapting these methods to the various cuts. Principles are far more important than formulas, since the inexperienced woman needs a recipe for every dish, while the careless will turn out a poor product with the best recipe. No given rule will always work out perfectly for ingredients differ in composition and quantity and conditions vary. Consequently, the methods of preparation are more important than individual recipes.

Cold storage, under proper conditions, is a great boon to the consumer. It keeps clean food clean at a temperature at which deterioration is impossible. If it were not for modern cold storage, the market would be flooded with needful foods at one season and without them at another. The average person has no conception of the wonderful value of the present system of cold storage which modern scientific knowledge has developed. The waste of food products would be appalling, if there were no way of keeping them at a continued low temperature.

Chicago is the largest food distributing centre in the world and consequently has the largest cold storage plants.

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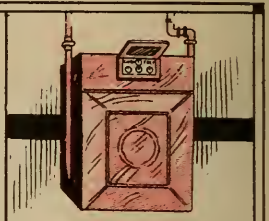
Cooking by Ear Fuel Economy



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IT IS a wise precaution to avoid a draft upon a kettle over a slow fire. For this reason the back burner is a sensible choice. In a slow oven the flame is not exposed and once the burner is adjusted, the meat may be left in peace; there is no need for watchful waiting.

Repeated experiments in slow cooking with a tightly covered utensil show that the amount of fuel used is amazingly small. In fact, it is possible to keep liquid at the simmering point for any length of time desired without attention with a consumption of less than two feet of gas per hour.

Other fuels show that comparative cost is always in favor of slow cooking. Oil and gasoline burners cannot be maintained at as low a point as gas and the protection of an asbestos mat or thick iron plate is therefore advised to temper the heat.

Wood and coal are harder to regulate for any extended period, and the results will never be the same if the meat boils hard part of the time and stops cooking entirely at other intervals. Steady continuous heat is essential for the best results.

Fireless cookers serve admirably for this type of cooking and some of the latest devices in gas and electric ovens provide a fireless cooker arrangement that is almost human in its regulation.

Too much emphasis cannot be laid upon the slow cooking method. Some cooks think nothing is accomplished without a "good fire"—the kettle boils merrily but the spirits of the family are sad, as good food has been wasted by being cooked too fast.

The toughest piece of meat can be made palatable if it is cooked right. The cooking may take a long time, but when the meat is done properly, it will be tender enough to cut with a fork and yet compact when served.

Additional flavors are helpful, close-covered kettles are desirable, ample time is essential; but the chief necessity is to cook slowly. The temperature that allows no breaking of the liquid into bubbles, but just a gentle rippling of the surface, will eventually soften the hardest tissue. There is a foreign saying—"The pot should only smile, not laugh," that sums up the whole matter. If one cannot smell the cooking or see the steam from the kettle, she may listen closely to satisfy her curiosity. A slight sound of bubbling is all that is needed to convince her that the good work is going on.

Any woman can cook by ear and when she knows that all is well, she may leave her cooking for hours if need be, based on the knowledge that with such a low fire food cannot burn, for it cannot cook dry.

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Successful Seasoning

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WE have few meats but many flavors—consequently, by combining different spices and herbs one cut of meat has many variations. Ordinary meats are improved by good seasoning and fine ones made finer. Several materials in small amounts give better results than an excess of any one. Too much flavoring will ruin the food; just enough makes a common dish a success. In a well stocked pantry we find thyme, summer savory, marjoram, mace, cloves, sage, peppercorns, paprika, celery salt, bay leaves and nutmeg.

Vegetables of all sorts should be utilized. The ends of tomatoes or carrots, or the coarse stalks of celery furnish flavor without added cost. Onion is almost indispensable in the cooking of meat, but when onion is prohibited our next best flavor is celery. The leaves, root, or outer stalks are chosen and the better part of the celery saved for separate service. Onion juice is often preferred to the onion itself. Clean parings and unsightly bits of any vegetable may be utilized to prevent waste and improve taste.

Garlic often arouses prejudice, but it has a wonderful flavor when carefully used. The least bit is all that is needed. Dried mushrooms are often substituted for fresh ones. The cost per pound is high, but only a small amount is needed when they are soaked and cooked.

Beef extract should be in every kitchen—not only for warmed over meat which needs more meat taste, but also to enrich soups and sauces.

For vegetable seasoning we depend upon the onion family, shallot, leek, scallions, chives and garlic; upon peppers, both green and red, and upon tomatoes, carrots, turnips, parsley and celery as well.

Special dishes call for mustard, chili powder, curry powder, capers, ginger, horseradish, tomato paste, catsup, mushrooms, raisins and vinegar of various kinds.

Brown sugar will correct a dish, if it is too salty, but it is hard to remedy food that burns.

Different fats may be used in browning meat, such as the fat from ham, bacon, salt pork or roast beef. These fats which give variety to the flavor are carefully saved by the thrifty cook.

Squares of coarse cheesecloth or white mosquito netting are handy for tying up seasonings, so that they can be removed before the cooking is finished, and are particularly desirable for removing vegetables that would spoil the flavor of the meat if cooked too long with it.

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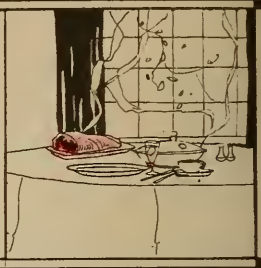
Sauce and Gravy



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THE natural juices which flow from the roast or steak when carved are true gravies, but custom has applied the term "gravy" to the thickened liquid which is properly known as the sauce. Care in making these sauces results in a smooth pleasing combination, thoroughly cooked, well seasoned and served piping hot. Half cooked, lumpy, flavorless sauces or gravies are unwholesome and wasteful.

In cooking meat, we utilize the fat of the meat itself to enrich the gravy, while in made dishes, beef drippings or beef fat, or bacon drippings, are used. Use meat fat when dishes are warmed over. Any one of the following ingredients—wheat, rice, or corn flour, corn starch, arrowroot, or bread crumbs—may be used to thicken the gravy.

Blend in a shallow saucepan in the proportion of two level tablespoons of flour and two tablespoons of fat to a cup of liquid. The liquid should be added gradually and the mixture stirred constantly as it cooks. The preparation takes a little longer when the liquid is cold; but the sauce is more certain to be smooth. The mixture should be stirred with a fork as it thickens, as the use of a fork, instead of a spoon, will prevent lumps.

If it is not desirable to cook the flour in the fat, or inconvenient to skim the fat from the stock, the thickening ingredients may be carefully mixed with cold water and stirred into the liquid. The liquid should be taken off the fire when the mixture is stirred in, as this will avoid too rapid cooking and uneven results. After the thickening is added, replace the dish on the fire and stir as it cooks.

A third method is to mix the softened fat and flour smoothly in a bowl, blend with a little of the liquid, add to the stock and cook until the gravy thickens.

If a rich brown sauce is required, the meat fat is first well browned in a heavy pan, then flour is added. The whole is browned carefully, and the liquid poured in gradually. It is necessary to use a little more flour in this method, as browned flour does not thicken as much as ordinary flour.

If there is no stock on hand, a substitute can be made by cooking bits of vegetables in water, and seasoning with beef extract. Fresh or evaporated milk may be substituted for the stock in some meat dishes.

Thickened gravies which boil for some time are apt to separate and the fat comes to the surface. This fact is utilized in making gravy for people with poor digestions since the fat can be entirely removed before serving. If gravy accidentally boils and separates, add a few spoonfuls of boiling water, stir vigorously, and it will be restored to its former smooth consistency.

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Utensils

Desirable aids in Meat Cookery

"The Wilson Label Protects Your Table"

MANY choice pieces of meat are spoiled by cooking in unsuitable utensils; consequently the butcher sometimes gets the blame when the trouble is in the kitchen. Kettles that are too large, waste fuel. Kettles should have close fitting covers and flat bottoms broader than the flame under them. The shape of the kettle should depend upon the kind of fuel available, and its size upon the use to which it is to be put. Aluminum is easy to clean, holds heat, and is always safe. The lack of seams in aluminum cooking utensils is an advantage.

Iron also holds the heat, and is very satisfactory. A heavy frying pan should be part of the equipment of every kitchen. A revival of old customs is shown in the "Dutch Oven" or the iron kettle with an iron cover.

Enamelware, unless of good quality, is not desirable. Food has a tendency to stick to it, and cheap enamelware chips easily. High grade tinware is a better investment than cheap granite ware. Copper and nickel are too expensive for the average kitchen and need great care in their use.

Earthenware, in the form of a casserole, is deservedly popular. It can be used for many dishes, holds heat well, is easy to clean and does double duty as a cooking and serving dish. The regulation dish, glazed inside and out, is suitable only for use in the oven; but the brown or red clay dish which is dull on the outside can be used on top as well as inside the range. This is a great help in fuel economy. With the protection of an asbestos mat, such a dish may be used over a low flame for hours with perfect results both in flavor and food value.

The fireless cooker is adaptable to slow cooking of all sorts. It saves time and attention during the process, but requires an earlier start.

Portable ovens of various kinds save fuel and do away with extreme heat in the kitchen in summer; the flavor of baking is far better than when foods are cooked directly over the fire, as the whole surface is equally heated. Covered roasters are well adapted for braising, and for preparing similar dishes.

In addition to these various dishes, a cook requires good knives and a knife sharpener, a meat grinder, a heavy cutting board, wire rack or trivet, skimmers, wooden spoon, strong meat fork, quart measure, basting spoon, coarse and fine strainer. Reliable scales are a sensible investment, and a set of steel skewers has many uses.

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A Bit of Thrift

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THIS story of a piece of brisket beef illustrates the possibilities of inexpensive meat. The amounts given are for a small family, but may be readily increased for a large one. Let us say that a generous three-pound piece of brisket beef costs 60 cents, and it may be cut so as to give almost two pounds for serving whole, and the remainder, cut up and cooked with a quart of cold water and various seasonings, will make a good soup.

The piece of meat to be used in soup making should be cooked in a tightly covered kettle, with a low flame for about five hours. The fuel cost will be a little over a cent, and there will be no loss of liquid. The meat and fat are then removed from the bone and separated while still warm—then set aside to cool.

The broth will make the foundation of a fine vegetable soup, or the popular onion soup with cheese. For the latter, the onions are sliced thin and cooked in a small amount of water, or no liquid at all. They should be cooked with a tight cover, over a low fire. Slices of bread are toasted, covered with cheese and put into the oven, or under the flame, to melt the cheese. The onions and the broth are put into deep soup dishes, with a slice of the cheese toast on each one, and the result is a delectable dish, which will be eaten with relish by the whole family.

The meat remaining from the first meal and the soup meat can be chopped together and used as hash, meat balls, or in any other way preferred. Served with a little gravy, they will furnish the main part of another meal.

All pieces of fat should be put into a covered kettle with a little water and cooked until the bits are crisp and the fat clear. The cooking should be watched to avoid scorching. When the cooking is complete, put through a fine strainer, and the result is a cup of rendered fat, and a cup full of fat scraps for future cooking. These scraps, when salted, will make a fine sandwich filling, or can be added to gravy for baked or boiled potatoes.

Thus the three pounds of brisket beef, yield one meal of fresh meat, one hearty soup for the main part of a dinner, one reheated meat dish, one service of fat scraps, and one cup of rendered fat. While considerable labor is involved, yet the cost of this meat has been very low. How many women are willing to give the time and thought to these simple but important economies? Each one must answer for herself. Every housewife who will make the effort can accomplish such a saving, and every little bit helps.

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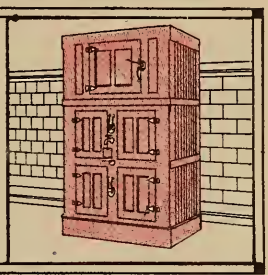
Care of Cooked Meats



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WHENEVER possible, the bone and the fat should be separated from left-over meat as soon as the meal is finished, as this can be done easier and better while the food is still warm. Roasted or boiled meat may have bone, which still contains value, and this bone can be cooked, together with the parts that cling to it and with other trimmings, a second time, for stock. The meat should be put in some utensil that prevents it from drying out. Containers, of either enamel or red clay, are good—since they are unbreakable and useful for reheating. Plates or shallow dishes are a poor choice. The meat should be packed solid, covered with the stock, if any is available, and then put away as soon as possible to cool.

Cooked meat should be used up as quickly as possible in hot damp weather; dry heat is not so hard on food materials.

Salted and smoked meats keep better than fresh meats, and for this reason are often chosen for slicing cold in summer. Jellied meats should not be kept over 24 hours in hot weather or two days in cold as they offer a fine field for bacteria.

A serious handicap to economy in the use of meat is the unreasonable prejudice against reheated meat.

Flavor and fat are often lacking, to be sure, but food values remain; consequently in preparing dishes for cooked meat, it is well to add other seasonings, and enrich the dish with fat in some such form as sauces. By cutting meat small or chopping it up, the portions are more easily heated and the flavors better distributed. So far as possible the flavor in the second service should be quite different from that of the original service.

Continued heat and high temperature should both be avoided, as they toughen meat and make digestion difficult. With these facts in mind, it is possible to prepare a variety of excellent dishes from cooked meat, and several kinds of meat can often be used to advantage at one time. It is an error to warm over a choice steak —if good at first, it will be good cold, or sliced in thin strips for luncheon or supper. Reheating steak spoils its fine flavor.

The various steamed dishes may be substituted for those to whom fried foods are forbidden, and hash is undesirable. They are convenient when it is impractical to use the oven. Turned out of a mold and covered with a good sauce, they are attractive and palatable. No thoughtful woman will serve the same meat at two successive meals. Under favorable conditions (cold weather, or with a good refrigerator) she may even avoid repetition the next day. A meatless dinner—fish or fowl—may be used in between times to afford variety.

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Oleomargarine

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THE importance of fat in the diet is not generally recognized; but a moderate use of it is always necessary. Fat may be in the form of cream, milk, oil, butter or oleomargarine, or in the form of the fat of meat. The worker must have fat to do his work; the child must have fat for proper development; and all must have it for bodily need and for bodily energy. No sensible mother restricts the use of butter or oleomargarine as a spread for children's bread. Winter calls for additional fats in our food to keep warmth in our bodies. The poor in pocket are often poor in health for lack of sufficient fats. Good butter is high, cheap butter is unpalatable, and under these conditions, little butter is used.

The clean, wholesome article known as Margarine or Oleomargarine is little understood. Ignorance has classed it with renovated butter and the prejudice against it is not confined to those who lack education.

The truth of the matter is that Oleomargarine, made by a reputable firm and sold under a dependable brand, is one of the cleanest and most wholesome food products on the market. Unlike butter, every pound of oleomargarine must stand government inspection; the examination is rigid and the standard high. The better grades of oleomargarine are churned with milk or cream to increase richness, and give a creamery flavor. Oleomargarine goes just as far as butter and keeps better because there is less moisture in it. Consequently, there is an additional economy in its use. Scientific tests show that the difference in the food value of butter and oleomargarine is too slight to be taken into account in the average diet. Government experts and practical housewives both highly endorse oleomargarine as a wholesome and desirable product. It may well displace butter in cooking and even where great economy is not a consideration, it is a delicious product to serve on the family table. It is better than dairy butter, and far safer. Most people like to know what they are eating, and they can be sure of purity and cleanliness when they use oleomargarine, for every ingredient contained in it is used on the table in some form or another.

The theory that fats are hard to digest has been exploded. It takes more time to digest fat than some other foods, and fats are not readily assimilated by some individuals. Fried articles (foods coated with a layer of fat) are not easily digested; but, generally speaking, fats that are not overheated or rancid can be thoroughly digested by any normal person. Excessive heating of fat forms acids that are undesirable. The use of pastry, doughnuts, etc., is not advocated for a person with a delicate stomach; but a bland, weak fat, such as butter or oleomargarine. can be used universally.

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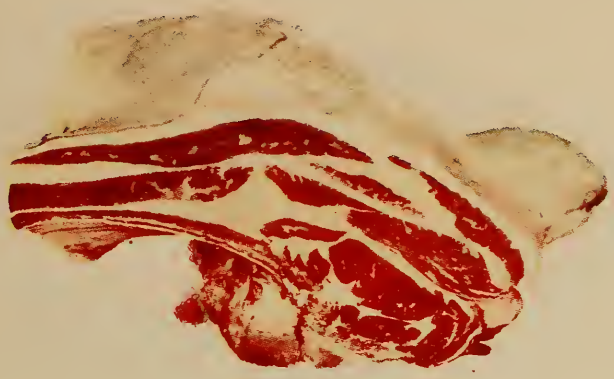

WHOLE CHUCK

(See figure ②, pages 32 and 33)

The steaks cut from the chuck are juicy and well flavored. The lower part of the shoulder has little bone; but the meat is very fat. The distribution of fat and bone gives good results in stewing. Pot roast, stews, casserole dishes, and spiced beef may all be made from chuck beef. It is sometimes corned, also. Care must be taken when bones are cut away, that any small bits are removed before cooking. The neck makes good mince meat; or it can be served as a brown stew. It is also exceedingly good if strips of salt pork are run through the meat for flavor and richness. Chuck combines well with spaghetti or macaroni since the rich gravy supplies what the pastes lack. If the meat has been cut up before cooking, the gravy will be better, and the serving can be done to better advantage.

The clod, included here, and which extends from the shoulder into the fore shank, is suitable for pot roast or braising. A medium chuck as purchased has about 10% fat, 16% protein, and 15% waste.

CHUCK STEAK WITH ONIONS

2 pounds chuck steak
5 or 6 onions
Salt
Butter or oleomargarine

Slice onions in water. Drain thoroughly. Place onions in a shallow saucepan, cover closely and cook over a slow fire for 15 or 20 minutes till tender. Use no water or fat, as the onions contain both moisture and richness. When the onions are done, uncover and brown slightly if preferred, but they are more digestible without browning. Heat a frying pan smoking hot, and brown the steak quickly on both sides; reduce the heat and turn the meat frequently until it is cooked through. Season the steak and salt the onions. Serve the meat on a platter with onions around it. Add butter or oleomargarine if desired.

POT ROAST WITH VEGETABLES

3 or 4 pounds chuck roast
1 cup sliced carrots
1 cup sliced onions
1 cup celery cut in bits
1 cup sliced turnips
3 tablespoons fat (preferably from salt pork)

If the meat is not in a solid piece skewer or tie it into shape, wipe it with damp cheesecloth, and roll in flour. Boil vegetables in salted water to barely cover, until soft. Rub through a coarse strainer. Heat fat in a frying pan or Dutch oven. Put in the meat and brown on all sides. If the frying pan is used, transfer the meat, after it is brown, to a kettle, unless the pan is deep enough to hold the beef. Pour the vegetables and their liquid over the meat, together with any preferred seasoning. Cover tightly and let simmer slowly for four or five hours, turning twice. Thicken the gravy a little, and pour over the meat

BEEF STEAK PIE

Chuck steak, cut in narrow strips
Bit of garlic
½ bay leaf
6 peppercorns
Sprig of parsley
1 onion stuffed with 2 cloves
} Tie in square of cloth
1 cup sliced carrots
1 cup celery cut in strips
4 halved potatoes

Place steak in a kettle with boiling water to cover, and let it simmer for half an hour. Add seasoning in bag together with salt to the meat, and thicken the stock. Place the kettle on an asbestos mat to keep sauce from sticking. Some dried mushrooms soaked and drained improve the flavor. Simmer while making the pastry. Then remove the bag of seasoning. Put all in a baking dish with a rolled crust over the top and sides. Brush with milk and bake forty minutes, covering it with heavy paper as soon as it is brown.

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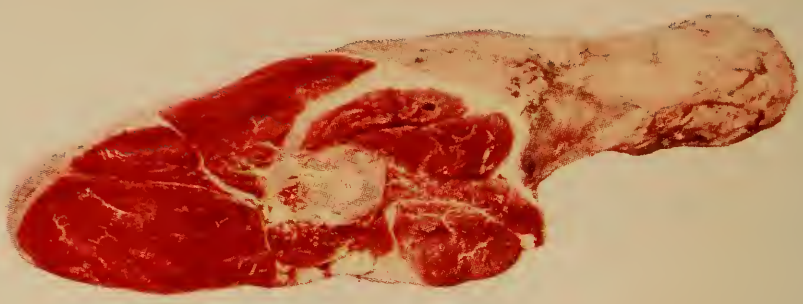

SHANK

(See figure ③, pages 32 and 33)

Over one-third of the fore shank consists of bone, and the amount of fat is very small, so soup making is the logical use for this cut of meat. A solid piece of meat is first cut off from the top for Hamburg Steak or stewing. Bones and trimmings should then be cooked an hour or more before adding the browned meat, if the full flavor is to be obtained. Vegetables may be added during the last hour, and rice, dumplings, split biscuits or crust added at the time of serving, if the full meal in one dish is desired. For variety in flavoring, crisp salt pork, some dry grated cheese, or a little curry, may be mixed with the flour used in thickening, and will prove an agreeable addition. If there is more than enough meat for one meal, it would be well to sort over the pieces before serving, reserving the best pieces to use whole, and the balance for hash meat or some similar use.

The hind shank contains valuable flavoring matter and the large amount of bone makes it desirable for use in the preparation of soup. The proportion of lean varies. From the top part a good pot roast may be prepared. The middle cut is the most economical. The shank meat averages high in protein and is good stewed and served with noodles or hominy grits. Beef tea and beef extract are made from the shank. The former is of known value in the sick room; the latter is a great convenience in cooking. Beef tea as a food has been greatly overrated, however. It has stimulating properties and is an aid to digestion, but the strong meaty taste is deceptive. All of the flavor and much of the fat is extracted from meat in the proper preparation of soup but food value still remains in the solid portion of meat even though it may have lost half its weight through continued cooking.

SOUP MAKING—Wipe the soup shank with a damp cloth, crack the bones and cut the meat into pieces, Place bones, meat, fat and marrow in a large kettle, which has a tight fitting cover. Add cold water in the proportion of a pint to each pound of material, if you desire rich stock, and a quart per pound if you desire light stock. Let it stand for one-half hour, then heat very slowly to the bubbling point, and add salt. Other seasonings may be tied in a cloth and left for an hour or two in the stock. Vegetables should not be cooked too long with the soup stock, as overcooking develops an unsatisfactory flavor. If clean materials are used, no skimming is needed; since this makes clear soup. but takes away some of the nourishment. The soup should simmer from four to ten hours according to ingredients used, and the strength desired. Fuel cost is small if the gas flame is kept at its lowest point. The vegetables should be removed, unless the soup is to be served at once. Quick cooling aids in preserving the quality. The fat which forms on top should not be removed until the stock is to be used, as the solid cake of fat acts as a preservative. In warm weather stock should not be kept over twenty-four hours; in cold weather it can be kept for several days. If the stock is to be used immediately, all fat should be removed. The fat that cannot be taken off with a spoon may be absorbed by blotting paper or a soft cloth. Greasy soup is exceedingly unpalatable. The bright color in a good brown soup is obtained by browning part of the meat before adding it to the stock.

JELLIED SOUP—Rich beef or other soup stock may be chilled and served cold for special occasions in summer. The stock is cleared with egg to make it attractive in appearance. Mix together a quart of stock and the shell and white of one egg. Apply gradual heat and stir constantly until a thick scum forms on the top. Let the dish stand for a few minutes, then strain the soup through a napkin or other fine cloth. The soup must be made with considerable bone if it is to jelly. If it is not firm enough, it can be stiffened with gelatine in the proportion of a tablespoon of gelatine softened in two tablespoons of water for each three cups of soup. The jellied soup must be rather highly seasoned and a small amount of caramel coloring will give the desired tint to a pale soup.

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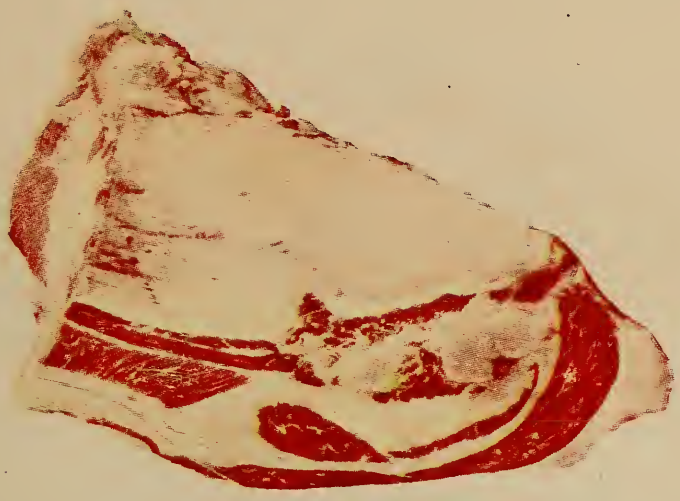

PLATE—BRISKET END

(See figure ④, pages 32 and 33)

The brisket gives the streak of lean and streak of fat that the epicure demands in fine corned beef. Smoked brisket is excellent. As the texture of brisket is closer than that of the navel end, the brisket takes longer to cook. Fresh boiled brisket is good, hot, cold, or warmed over—in fact, it deserves more attention than it usually gets. It can be boned and a good stock made from the bone, with the addition of seasoning. The solid meat can be braised with salt pork for flavor, with stock for moisture, and vegetables. Several hours are needed to prepare this dish. The vegetables should be added when the meat is partly done. The brisket can be sliced, pounded in flour, browned in drippings, and stewed in stock with potatoes and parsnips in a casserole. These "One Piece Dinners" are economical, since they save labor, fuel and service.

BEEF BRISKET, *boiled and browned*—If the piece has a large amount of bone, some of this may be removed to use for soup stock, or to furnish gravy to be used with the warmed-over meat for a second service. Cook the solid part of the meat until tender, with a little celery salt and a bit of garlic added, turning it once during the cooking, which will take from four to six hours according to the amount of meat used. Remove meat from liquor and place in a shallow pan with the skin side up and score the top several times. Have boiled potatoes ready and drop them into the kettle to take up a little of the fat, then place them around meat and brown all in a hot oven for about twenty minutes. Make a gravy with the remaining liquor and serve separately.

BRISKET WITH ONION SAUCE—Wipe the meat with a damp cloth, and tie it into a compact shape with strips of cloth. Place it in a deep kettle with boiling water. Add a soup bunch, several cloves and peppercorns. Simmer until tender, add salt when partly cooked. Take the meat from the liquid, remove the cloth, and place the meat in a shallow baking dish. Beat one egg and spread over the beef, then sprinkle with coarse crumbs, and brown under a flame or in a hot oven. For sauce—for a three-pound piece of meat—cut up half a cup of green onions and cook these with two tablespoons of oleomargarine. Brown slightly. Stir in two tablespoons of flour, add a cup and one-half from the stock and a tablespoon of minced parsley. Keep the sauce over hot water, or in a double boiler, until the meat is finished. Pour the sauce over the meat and serve.

BRAISED BEEF—Cut the meat into cubes; brown in frying pan with drippings. Use strong heat—stir meat so it will coat quickly and not lose its juice. Tender cuts can be cooked whole. Remove the pieces to a closely covered kettle that can be used on top of range (unless the oven is heated for other cooking). Rinse the pan with a ¼ cup of boiling water to save all browned bits, and pour over meat. Cover tightly and cook slowly for two hours.

Prepare the following sauce and pour over the meat and continue cooking for another hour.

SAUCE

1 onion
1 carrot
Few sprigs parsley } chopped
2 tablespoons butter or oleomargarine
½ cup diced celery
1 cup canned tomatoes
Salt and paprika

Melt fat. Brown onion, carrot in it. Add parsley, celery, and tomatoes. Heat thoroughly. Add seasonings.

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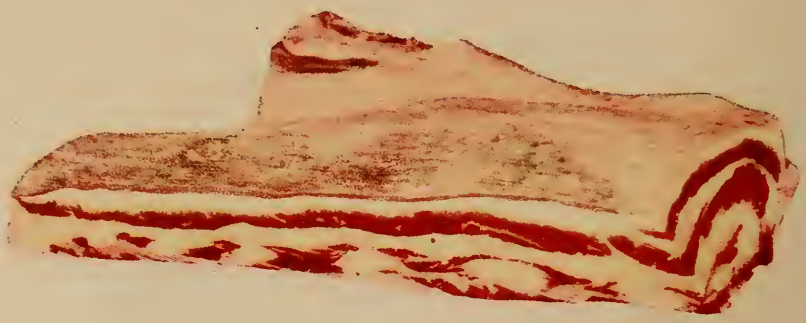

NAVEL END OF PLATE

(See figure ⑥, No. 1, pages 32 and 33)

The meat from the navel end is sometimes used for stew and pot roast, but more often it is corned. Corned and smoked meats are toughened by the process of curing, so that they need longer cooking than fresh meat. Always place cured meat in cold water, heat gradually, and skim the water when it begins to bubble. It is almost impossible to cook cured beef too slowly, as it is toughened by strong heat. A steam cooker or double boiler gives good results.

CORNED BEEF—Wash the meat quickly and if it has been in brine longer than desired, cover it with cold water and bring slowly to a boil, drain off the water and reheat with fresh cold water. As soon as the liquid bubbles, reduce the heat, add a few peppercorns, and continue the slow cooking (always below the boiling point), until the meat is tender. At least one hour's cooking will be required on each pound of beef. Keep the meat closely covered during cooking and it will have to be turned when partly done, if the water does not cover it. Carrots, parsnips, turnips and potatoes can be added during the cooking if desired. Cabbage and meat should not be placed in the same kettle. Cut the cabbage into quarters, use some of the stock to cook it in to obtain a meat flavor. Vegetables can all be cooked in the stock without the beef, if the meat is to be used cold afterwards. Place the left-over meat that is to be served cold in the stock to cool.

CORNED BEEF HASH

1 pint (2 cups) chopped corned beef
1½ pints chopped cooked potatoes
⅓ cup beef drippings
2 tablespoons minced onions
½ cup water

Mix corned beef and potatoes. Melt fat in frying pan and add onions. Add hash and mix thoroughly. Add water. Cover closely, and cook slowly for half an hour or until a brown crust is formed on the bottom. Loosen carefully from the pan and turn out like an omelet on a hot platter. If the oven is in use, hash may be baked either in a frying pan or in a shallow dish from which it can be served. For variety a cup of white sauce instead of water, may be mixed with baked hash, in which case less fat will be necessary for cooking.

SAVORY BEEF

2 pounds beef cut in size for serving (use plate, shank, rump or round)
3 large onions sliced
3 tablespoons lard
3 tablespoons flour
1 teaspoon salt
¼ teaspoon black pepper
¼ teaspoon ground cloves and thyme or summer savory
1 pint brown stock or boiling water and meat extract
2 tablespoons vinegar
1 tablespoon catsup

Brown onions slowly in lard. Increase the heat. Add meat and brown. Mix the flour, pepper and other seasonings. Sprinkle this mixture over the meat. Add the stock, vinegar and catsup. Cover closely. Simmer till meat is tender, allowing two hours for shank or plate and 1½ hours for rump or round.

ESCALLOPED CORN BEEF

2 cups cooked corned beef, cubed
1 cup medium white sauce
1 stalk celery, chopped fine
2 slices onion, chopped

Cook celery and onion in sauce. Put the corned beef in a shallow baking dish. Remove celery and onion from sauce. Add sauce to meat. Sprinkle with bread crumbs moistened with melted oleomargarine. Brown in hot oven.

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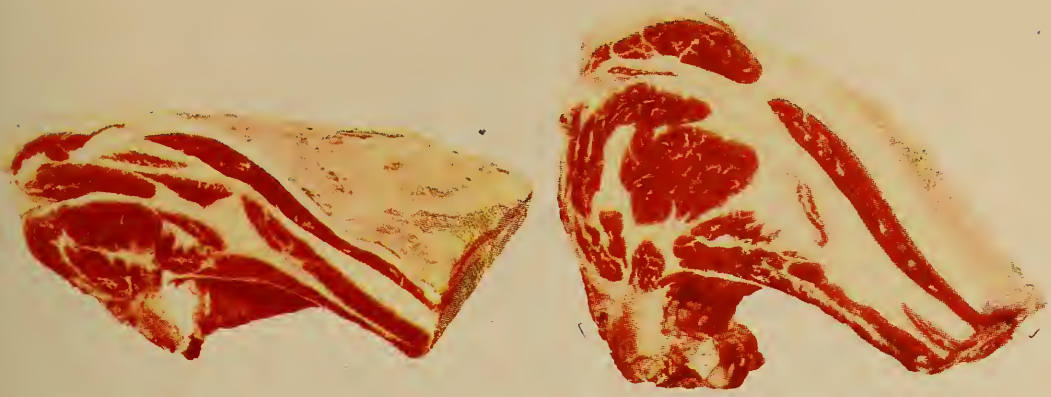

THE RIBS

(See figure ⑥, Nos. 2 and 4, pages 32 and 33)

The first cut of the upper part of the forequarter consists of seven ribs. The ribs, as purchased, medium fat and lean, contain about 21% fat, 14% protein, 20% waste or refuse. The prices paid for this choice meat does not represent food value as much as it does agreeable eating.

A large amount of surface, cut across the grain, is exposed in cooking, and this is one reason why a small roast is rarely satisfactory, as at least two ribs are needed to retain the juices—three are even better.

The first cut is considered best, and is not too heavy for an average family. The second cut is larger and equally good (as shown in the right-hand picture). The third and largest cut is not quite so choice. The ribs are cut off to about eight or ten inches, leaving what is known as "short ribs." (See figure ⑤, No. 2.) These are either boiled, browned, or boned, rolled and baked. The ribs are always roasted, inasmuch as much flavor is lost by boning. The fat is used for basting, since to add water to a choice roast of beef is a culinary crime.

ROASTING—Roasting is a process similar to broiling, the only difference being in the cut and weight of the meat, and the amount of time required. Tough meat is not made tender by rapid cooking; but roasting is the ideal method for a choice tender cut, although these cuts are not economical on account of their high first cost. Rolled roasts are popular and easily carved. The best shape is the standing roast, which is not boned, but the bones cut short. Boned meat can easily be tied or fastened with a skewer. Steel skewers are superior to wood, on account of the greater ease in serving.

Roasts should be placed on a rack to prevent the meat from frying in its own fat. Strong heat is necessary at the outset as in broiling, and at least ten full minutes heat of the oven is necessary when gas is used. The smaller the roast, the stronger should be the first heat, so as to prevent the juices drying up. Sear each side of the roast under a flame, add seasoning, and finish cooking at a lower temperature on a lower slide; or else place in baking oven as preferred. Pork and fowl require water in roasting, but beef or mutton never do unless a covered roaster is used. Rare meat will be better flavored if cooked in an open pan; well done roasts may be cooked in a covered roaster.

THE RIBS—A fine roast requires attention. There is no danger of the meat cooking dry if the heat is moderate and basting frequent. Lean meat requires additional fat (drippings saved from previous cooking may be used). Gravy can be cooked in the oven at the same time—without additional fuel. Add to cold water—stock from the bone—trimmings and vegetables—together with browned fat from the roasting pan and flour to thicken. Secondary flavors can be extracted from roasts or steaks (after serving) by stewing the bones for a long time. This stock can be intensified with vegetables and seasonings, if desired.

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FLANK STEAK

(See figure ⑦, No. 1, pages 32 and 33)

The flank is attached to the loin of beef. There is practically no bone in the flank, but a large portion of it is fat. Most of this fat is trimmed off. The lean portion is used for boiled meat, and for stew. It is rather coarse in texture, and, as it lacks flavor, additional ingredients are advisable.

The flank steak is cut away to be sold by itself. An excellent pot pie can be made from flank meat, and an excellent covered meat pie may be made with the addition of a suet crust. The best way to utilize the meat, however, is to bone and roll it, and then put it in brine. This will result in excellent corned beef, which will slice to good advantage either hot or cold. If it is to be used cold, it is well to place a weight on the meat as it cools in the stock.

STUFFED FLANK—Make a pocket in a thick flank steak to hold the dressing, or if the meat is thin, fold one-half over the other and skewer together, after it has been filled. To make the dressing, crumble one pint of bread, soften with cold water and drain well after it is moist throughout. Season the crumbs with salt and pepper, onion salt and celery salt, a little poultry seasoning and two tablespoons of drippings. Pack the dressing closely into the meat, pat it into shape and bake for one hour in a covered roaster, or for an hour and a quarter in an open pan. In the latter case it is necessary to baste several times. A few slices of bacon placed on the top of the meat ten minutes before serving, improves the dish.

BEEF STEW WITH DUMPLINGS

1 pound flank, rump or plate
4 cups potatoes cut in ¼-inch cubes
½ small onion cut in slices
¼ cup flour ½ teaspoon salt
¼ teaspoon pepper
Carrot } two-thirds cup, cut in
Turnip } ½-inch cubes
Flour, salt and pepper, mixed

Wipe meat, remove from bone, cut in 1½-inch cubes. Dredge with seasoned flour. Cut some of the fat in small pieces and heat in frying pan—add meat. Stir constantly that the surface may be seared, when well browned put in kettle. Rinse frying pan with boiling water, boil five minutes, then cook at a lower temperature until meat is tender (about three hours). Add carrot, turnip and onion the last hour of cooking. Cook potatoes five minutes. Add to stew fifteen minutes before removing from the fire. If dumplings are added, allow fifteen minutes for cooking.

DUMPLINGS

2 cups flour
4 teaspoons baking powder
⅔ cup milk ½ teaspoon salt

Sift dry ingredients into a bowl. Add milk enough to make a soft dough, dropping spoonfuls of the dough on the stew. Marrow taken from the soup bone before cooking and placed on top of the dumplings before steaming improves them.

THE FLANK

(See figure ⑦, pages 32 and 33)

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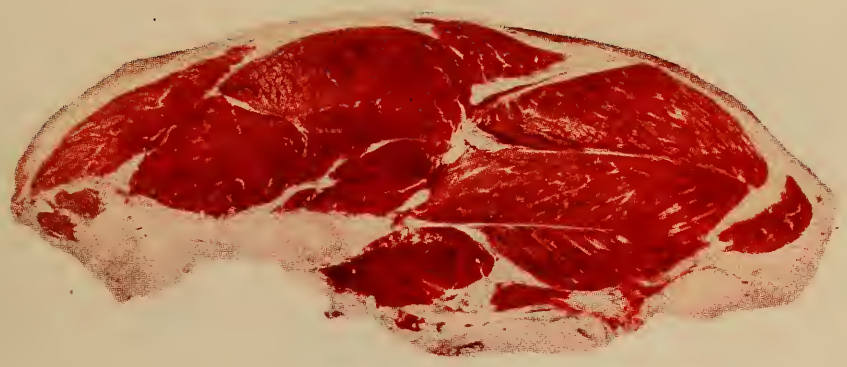


WEDGE BONE SIRLOIN

(See figure ⑧, No. 2, pages 32 and 33)

PLANKED SIRLOIN STEAK

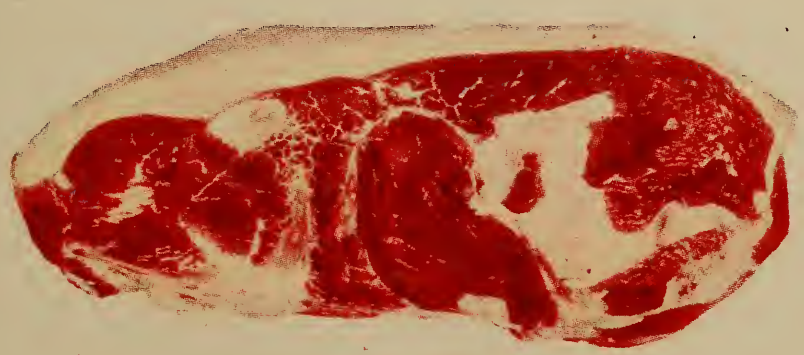
Slice sirloin steak, cut 1 inch thick
Salt
Pepper

Wipe steak with cloth wrung out in hot water. Sear in greased iron pan. Then place on oiled oak plank. Put in hot oven and cook twelve minutes. When about half done arrange a border of mashed or duchess potatoes around the edge of the steak. Brown the potatoes. Place on platter for serving. Browned onions and parsley may garnish this dish.

SWISS STEAK

2 pounds round or sirloin steak cut 2 inches thick
½ cup flour } mix
Salt and pepper }
¼ cup ham or bacon drippings
Few slices onion
½ green pepper, chopped fine
2 cups boiling water or 1 cup water and 1 cup strained tomatoes

Pound flour into meat with wooden potato masher or edge of heavy plate. Heat the fat. Brown the meat on each side in it. Add onion, green pepper, boiling water and tomato. Cover closely. Simmer two hours. This may be cooked in a casserole in the oven. Other vegetables may be added if desired.



SIRLOIN BUTT

The Boneless Sirloin Butt makes a good steak or roast. The back of the sirloin with the tenderloin removed can be made into a boneless strip for similar use, or for pot roast.

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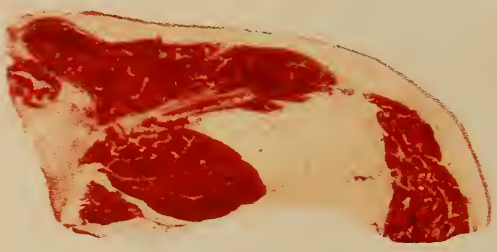

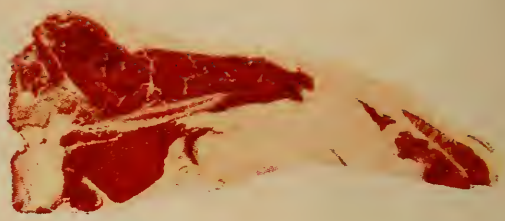

PORTERHOUSE STEAK CLUB STEAK

(See figure ⑧, Nos. 11 and 17, pages 32 and 33)

Loin (figure ⑧, pages 32 and 33) contains the fine steaks, including sirloin, club and porterhouse steaks. These various steaks take their name according to the bone—the first cuts taken from the rump end have the least bone, and the amount of bone increases as the cuts continue. The steak cut last, the club steak, contains most bone.

The tenderloin is neither so fine flavored or juicy as the other cuts, but brings a high price on account of its tenderness. Salt pork is generally added to tenderloin steak in cooking, for additional fat and flavor. Tenderloins are not generally taken out of the best grade of meat, as the balance would then have to be sold at reduced prices.

BROILING

TENDER meat in broiling should be surrounded by fat, or brushed over with soft fat to avoid dryness. The edges of the meat should be cut in several places to prevent curling, as they will contract from heat. No seasoning should be used until the meat is partly cooked. A thick steak is far better eating than a thin one, so that for a small family it is better to buy a fair-sized steak and cut it in two portions and broil at different times, than to choose a thin one for economy. It is a mistake to bone a steak before cooking, although it may prove convenient. Remember that "the nearer the bone, the sweeter the meat."

Intense heat is necessary for broiling. A perfect bed of coals is not easily secured, and may interfere with other cooking; hence, broiling by this method has not been popular with the housewife. At the present time, when gas is almost the universal fuel, broiling has become a practical process. The fire should be lighted fully ten minutes before the cooking begins, and the broiling pan well heated. The metal rack should be removed because meat sticks to hot wires. The meat is placed near the flame at first and turned as soon as seared. Avoid piercing the meat with a fork, as this will cause juices to be lost. As soon as each side is brown, reduce the heat and season the meat lightly. If the steak should contain too much fat, place the fat part towards the front of the oven.

Leave the lower door of the gas oven open when broiling, to do away with smoke and the fumes of cooking. The meat need only be turned once or twice, and the time for cooking depends upon the thickness of the cut and the family's taste for rare or well-done steak, but a good rule is to broil a steak 1 inch thick seven to ten minutes, and 1½ inches thick ten to fifteen minutes. Place the meat on a heated platter, add part of the fat from the pan, and serve at once. The flavor, delicacy and digestibility is far superior to steak cooked by any other methods. Even Hamburg steak takes on a new dignity when broiled. It should be lightly seasoned (a little onion juice helps), and if the meat is moistened with cream the dish will be a treat. Shape it lightly so that it will not become dry when cooking. Hamburg steak is better if cooked in one large flat cake than if made into small ones, and can also be more easily handled by inverting it on a pie pan.

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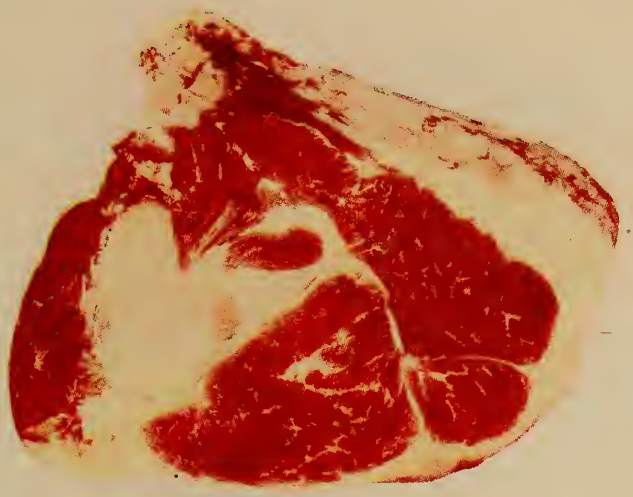

THE RUMP

(See figure ⑨, pages 32 and 33)

The average beef rump consists of about 20% fat, 14% protein, and 21% waste, yielding about 1,100 calories per pound. The rump requires considerable trimming which increases the actual cost of the meat. As beef is cut in the east, the tip of the rump is an economical large roast and the middle cut of six or seven pounds is good. In western cuts, the rump is generally corned. It may be braised with vegetables in a covered roaster. / After the initial browning it should be simmered at a very low temperature for an hour and a half for each pound of meat. The tough fibre may be broken up by pounding. Pounding in the old fashioned way meant lost juices; but when we pound in flour we accomplish the same purpose and save the juice. The flavor of the meat is improved by a stock made from bones and trimmings and the use of spices and vinegar makes the meat more tender and also improves its flavor.

SMOTHERED BEEF

3 pounds of rump or clod
3 large onions sliced
3 tablespoons oil or drippings
2 tablespoons mild prepared mustard
Flour mixed with salt and pepper
1 teaspoon celery seed
1 cup strained tomatoes or ½ can tomato soup

Dredge meat with flour. Brown well in a heavy pan. Brown onions in oil and add mustard, celery seed and tomatoes. Pour this sauce over the meat and cook slowly for three hours or more on top of the stove or for six hours in a fireless cooker.

BEEFSTEAK AND KIDNEY PUDDING

1 pound beef from rump cut in cubes
1 beef kidney, washed and membrane removed, and cut in eight pieces
Seasoned flour

Add kidney suet to beef and roll all in seasoned flour.

CRUST

3 cups flour
6 teaspoons baking powder
Salt
¾ cup beef suet chopped fine

Mix to stiff paste with cold water. Roll out thicker than pie crust. Line bowl with it. Put in meat. Season with onion juice and add water to within two inches of the top. Moisten the edge of the crust, cover the dish with the rest of the paste and press well together. Wring out a large cloth in boiling water, flour it, place it over the top and tie it down. Set the pudding on a trivet in boiling water to cook in a steamer for two hours and a half. Remove the cloth and cut a hole in the crust before serving.

BEEF A LA MODE

5 pounds rump, round or chuck roast
½ pound firm salt pork
1 teaspoon each ground cloves, allspice, cinnamon, black pepper, summer savory, thyme and salt
1½ cups vinegar
2 bay leaves
Bit mace
Chopped parsley
Slice of onion, chopped
} mix and scald

Cut the pork in small strips and roll in a mixture of the dry seasonings. Make deep cuts in the beef with a sharp knife, and force the strips of pork in with a larding needle. Cover the surface of the meat with the balance of the spices and place it in a deep earthen dish. Cool the vinegar and pour this sauce over the meat, which should then be tightly covered and set aside in a cool place. It should be turned morning and night for several days and then boiling water added to barely cover. Let it simmer for four hours or more. Thicken the liquid, strain and serve with the meat, which will be dark in appearance but most savory in flavor.

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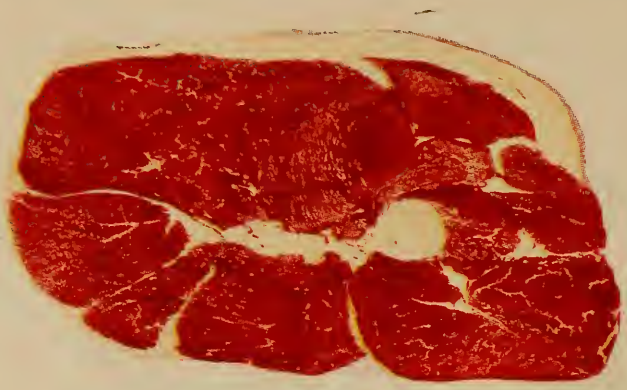


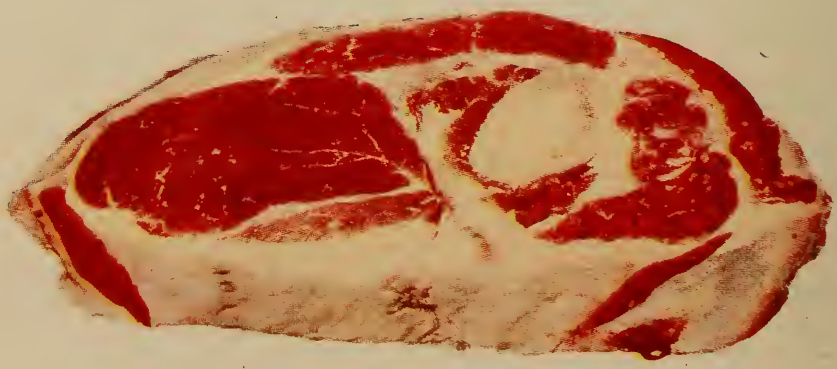
ROUND STEAK

(See figure ⑩, No. 8, pages 32 and 33)

The round is popular because it is juicy and free from fat and has a somewhat larger amount than have some of the other cuts. The top of the round (or inside) can be used for steak and roast; the bottom (or outside) is lower in price and is best utilized either chopped or for slow cooking. It makes inferior steak but is a good meat for a pot roast or for cooking in a casserole. It is sometimes corned. The round makes the best flavored beef tea. The housewife exercises economy in buying a thick slice cut across the round—particularly in cold weather. A large thin steak loses more juice in cooking than a small thick one. The latter may not look sufficient, but if it is equal in weight, it will serve as well. If the thick round is large, it will do for two services. A two-inch cut from the top of a round of fine beef can be broiled and sliced like a roast.

ROUND STEAK, *browned* — Round steaks are usually pan-broiled. The pan must be very hot and the cooking done quickly to retain the juices. The meat should not be seasoned until after it is cooked. No fat should be added to the pan, but the addition of a little butter to the finished meat improves its flavor. Prompt serving is most important with round steak as it toughens by standing even for a few minutes. Round steak is sometimes cut in thin pieces, dipped in milk, then rolled in crumbs and fried in beef fat. An economical method of preparing round steak is to pound flour into it, then brown in drippings and add onion and soup stock or strained tomato, put a light cover over the steak and simmer for forty or fifty minutes. If soup stock is not at hand, water flavored with beef extract and catsup can be used. An excellent substitute for breaded veal can be prepared from the round, which should be thoroughly pounded, dipped in egg and seasoned crumbs, browned well in fat and then simmered in stock or milk until it is tender.

BEEF ROLLS—To make little beef rolls, round steak is cut into strips and well pounded. Bacon, onion or olives and other seasonings may be added if desired. The beef rolls are held in shape with tooth picks, floured, browned and stewed until tender. They are also served acceptably with brown rice. The round can be stuffed and baked. It is often used for pot roast or Swiss steak. More different dishes can probably be made from the round than from any other cut. The so-called Minute Steak of public restaurants is a very thin round steak quickly cooked and served piping hot.



ROUND POT ROAST

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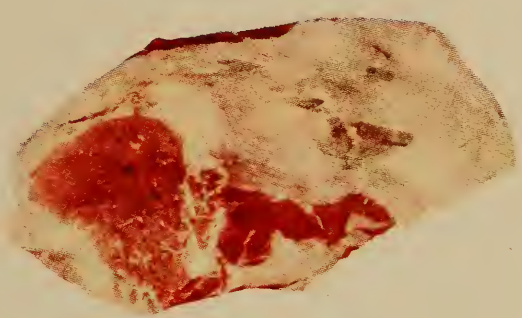
BONELESS CUTS

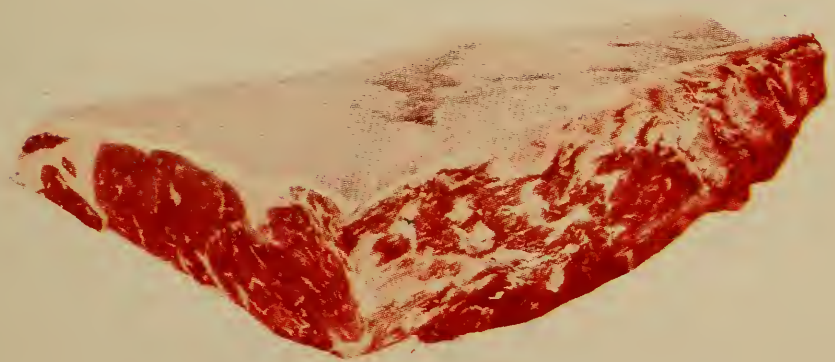
THE three cuts shown on this page bring high prices, because they are practically boneless. One can get the same cuts from beef of lighter weight at a more reasonable cost. The meat, because it is tender, is easily cooked, and there is no waste. These cuts combine economy and good eating.

The restaurants have for a long time adopted the wise practice of utilizing this meat of cheaper quality. The cuts lack fat, which may be added in the cooking, but they contain food value. The compact cuts prove most useful for the woman whose time is limited, and who, therefore, finds it impossible to give much time to cooking.

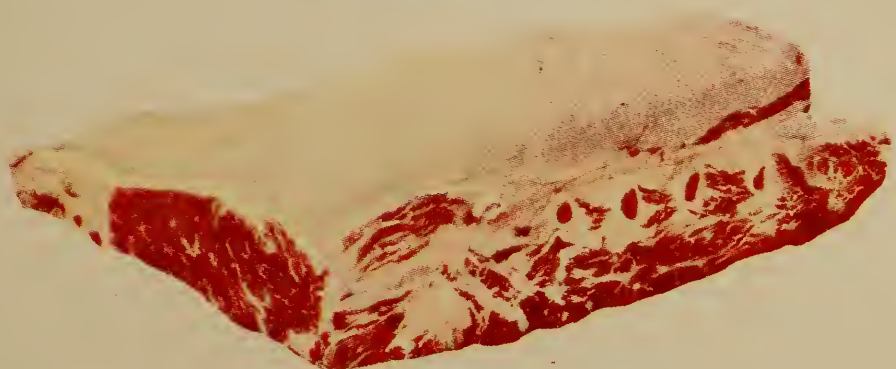
In the Fall, when second or third grade cattle are plentiful, these cuts are packed for future use. Because housewives are not familiar with the advantages of these cuts, the demand for the fresh meat is not sufficient for the retailers to handle all of it. Butchers will carry these cuts if there is a call for them. Women should demand them.



BUTT TENDERLOIN



REGULAR ROLL



SPENCER ROLL

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Miscellaneous Beef Recipes

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SHORT RIBS OF BEEF—Short ribs of beef and browned potatoes are one of the most popular moderate priced dishes served in hotels and restaurants. Some butchers do not sell short ribs. After they have prepared their rib roast, they return the short ribs to the packer to use. The price is low enough to offset the bone and fat, so that the dish furnishes food value in a very palatable form. The ribs should be separated and can be cooked in pot roast fashion, with or without water, for several hours with good results, but the best method of cooking is to simmer until tender in a small amount of water, and brown them afterwards.

For three ribs, weighing a pound and one-half each, allow three cups of water and two teaspoons of salt. If convenient, tie a little garlic, parsley and green pepper in a piece of netting and put in the water. Simmer about three hours in a tightly covered kettle. The meat should be turned at the end of the first hour, and the seasoning removed. Simmer longer if the meat is not perfectly tender at the end of three hours. Potatoes may be parboiled and added to the meat during the last part of the cooking. Place the meat, well drained, in a shallow roasting pan and surround with the potatoes. If boiled potatoes are used, dip each one in the rich liquid to coat them with fat.

Season with a little salt, and brown all in a hot oven for about half an hour or over a gas flame for about twenty minutes. Remove part of the fat from the top of the liquid and thicken the balance to make a rich, brown gravy.

QUICK MEAT LOAF

¾ pound round or some other solid meat run through meat grinder twice
¾ cup softened bread
1 beaten egg
Salt and pepper
Lemon juice
A little nutmeg
Onion juice
} added to bread

Add the bread mixture to the meat. Shape in a bowl and sprinkle well with flour. Melt a tablespoon each of butter and oleomargarine in a frying pan, put in a sliced onion, cover and cook slowly, until the onion is a light brown; remove the onion; put the meat loaf into the hot pan with the floured side down. Cover and cook for ten minutes, then sprinkle the top with flour, turn carefully, and cook for five minutes longer. Lift the meat loaf on to a platter with a cake turner, place the cooked onion on top and pour over the juice remaining in the pan. This meat loaf can be served either hot or cold.

POTTED HOMINY AND BEEF—Hominy is excellent to use as part of a one-dish dinner if you have a fire in your stove so that you can cook it for a long time, or use a fireless cooker. Heat one and one-half quarts of water to boiling; add one teaspoon of salt and two cups of hominy which has been soaked over night. Cook in a double boiler for four hours or in the fireless cooker over night. This makes five cups. Hominy is excellent combined with dried, canned or fresh fish, or meat and vegetable left-overs may be used. Here is one combination: Two cups medium white sauce, four potatoes, two cups carrots, five cups cooked hominy, one-fourth pound dried beef, one teaspoon salt. Cut the potatoes and carrots into dice, mix all the materials in a baking dish and bake for one hour.

DRIED BEEF—Dried beef in glass is another form of meat for occasional use. The salty flavor offers a change. Dried beef requires no cooking, and is always ready for the picnic basket or for the regular luncheon. It is acceptable for the home table either served cold or in a creamed sauce, with potatoes or other vegetables. Drying renders the flesh quite dense, so strong heat must be avoided in cooking dried beef. Simple methods are best. An easy and palatable dish is prepared by first melting two tablespoons of oleomargarine in a saucepan, and heating a cupful of meat in it. Two tablespoons of flour are then stirred in carefully and a cup of water or light stock added. When the sauce is smooth, season with pepper and serve at once on toast or with potatoes.

Recipes for By-Products

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BEEF SWEETBREADS—The sweetbread of the calf is an expensive delicacy. The beef sweetbread is moderate in price, and if cooked carefully may be utilized for many choice dishes. The beef sweetbread should be washed as soon as it is brought into the house, and soaked in cold water for an hour or more. It may then be simmered until tender, with the addition of salt, a little bay leaf, a little onion and a slice of lemon. It may also be steamed, in which case the seasoning is placed on top of the sweetbread. As soon as the sweetbread has become tender it is placed in cold water, so that it will chill and become firm. Preliminary simmering is always necessary, no matter what methods of final cooking are used. Sweetbreads must always be carefully handled to completely remove the membrane and all unsightly portions. Sweetbreads may be separated into sections, shredded with a knife and fried in beef fat, and then served with any sauce preferred, either white, brown, tomato or combination.

Popular and delicious salad is made by substituting sweetbread for chicken, and serving with the usual dressings, either celery, hard-boiled eggs, lettuce and mayonnaise or other dressings. Sweetbreads are particularly delicious served in scooped-out, chilled tomatoes, and in the season when tomatoes are plentiful, this dish is not expensive. Sweetbreads make a fine luncheon dish if served in combination with peas and with the addition of a creamy sauce. They may also be served in a border of boiled rice, mashed potatoes, or with small hot biscuits. Sweetbreads answer in place of veal in any made dish, as their delicate flavor lends itself well to various seasonings and sauces.

BEEF TONGUE IN CASSEROLE—Wash a fresh beef tongue quickly, cover it with boiling salted water, cook gently for about an hour and a half or until tender. Remove all the skin and unsightly portions, (the bits of meat can be used later for hash) place in a casserole with a cupful of sliced carrots to which is added minced onion, celery and parsley. Thicken stock enough to cover the vegetables with fat and flour, season well and place the dish in a moderate oven. Remove the cover of the casserole after an hour's cooking and allow a half hour longer so that the meat will brown slightly. Some like a sour sauce served with tongue.

BEEF HEART—The heart from good beef furnishes considerable food value at a moderate cost. It should first be thoroughly washed. The arteries and veins are then cut out, and the heart washed again to free it from blood. The heart is usually stuffed to fill it out and to improve its shape, as well as to extend the service of the meat. Bread toast or cracker crumbs may be used. Finely cut onion and parsley, and a few of the savory herbs may be added to the bread crumbs if desired. Salt and pepper should be used plentifully for seasoning. Beef fat from some other cut may be added to enrich the heart. Add a small amount of water (the soft dressing becomes softer from moisture during the cooking), and put the dressing into the opening. The flavor of this dressing will be increased if, instead of putting the fat into it, it is sauted with a little fat. Sew up the end of the heart loosely, to allow for swelling, and sprinkle with seasoned flour. Use either a frying pan or an iron kettle and brown the heart in pork fat or drippings. The cooking can then be finished in the kettle with the addition of enough water to partly cover, or the heart can be transferred to a casserole or baking dish, water added and the cooking completed in the oven. In either case the liquid should be slightly thickened, and the heart turned several times during the cooking. The heart must be basted every twenty minutes if it is cooked in an open baker. Onions, carrots and cut celery added to the dish, make a pleasing combination. Meat of such close texture requires long, slow cooking to make it tender. If the cooking is right, the result will be excellent.

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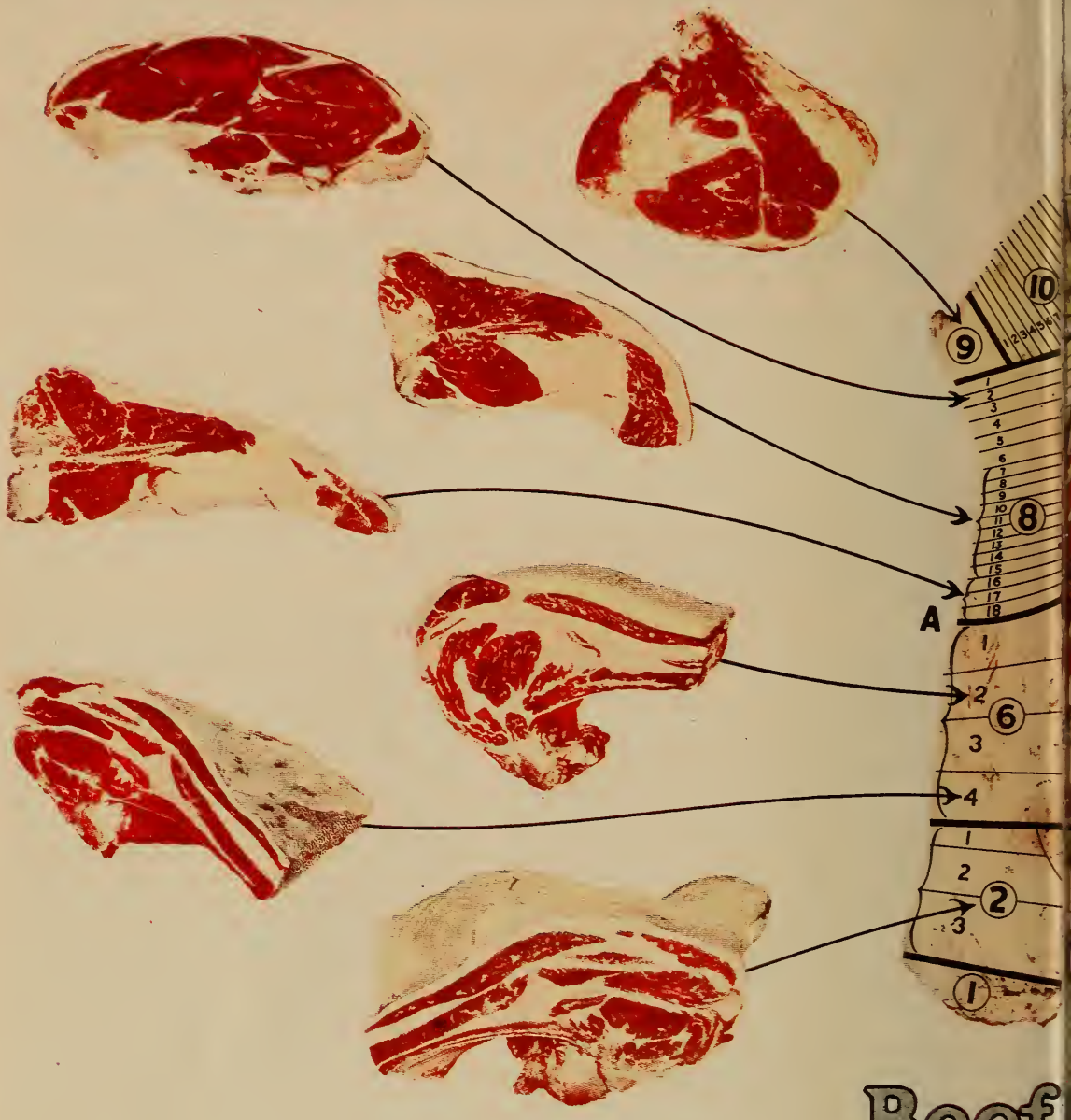

Beef

FORE QUARTER

1 NECK

2 WHOLE CHUCK
- 1. 5th rib roast
- 2. Chuck steaks
- 3. Pot roast
- 4. Clod

3 FORE SHANK

4 BRISKET

5 PLATE
- 1. Navel
- 2. Rib ends

6 RIB
- 1. 11th and 12th rib roast
- 2. 9th and 10th rib roast
- 3. 7th and 8th rib roast
- 4. 6th rib roast

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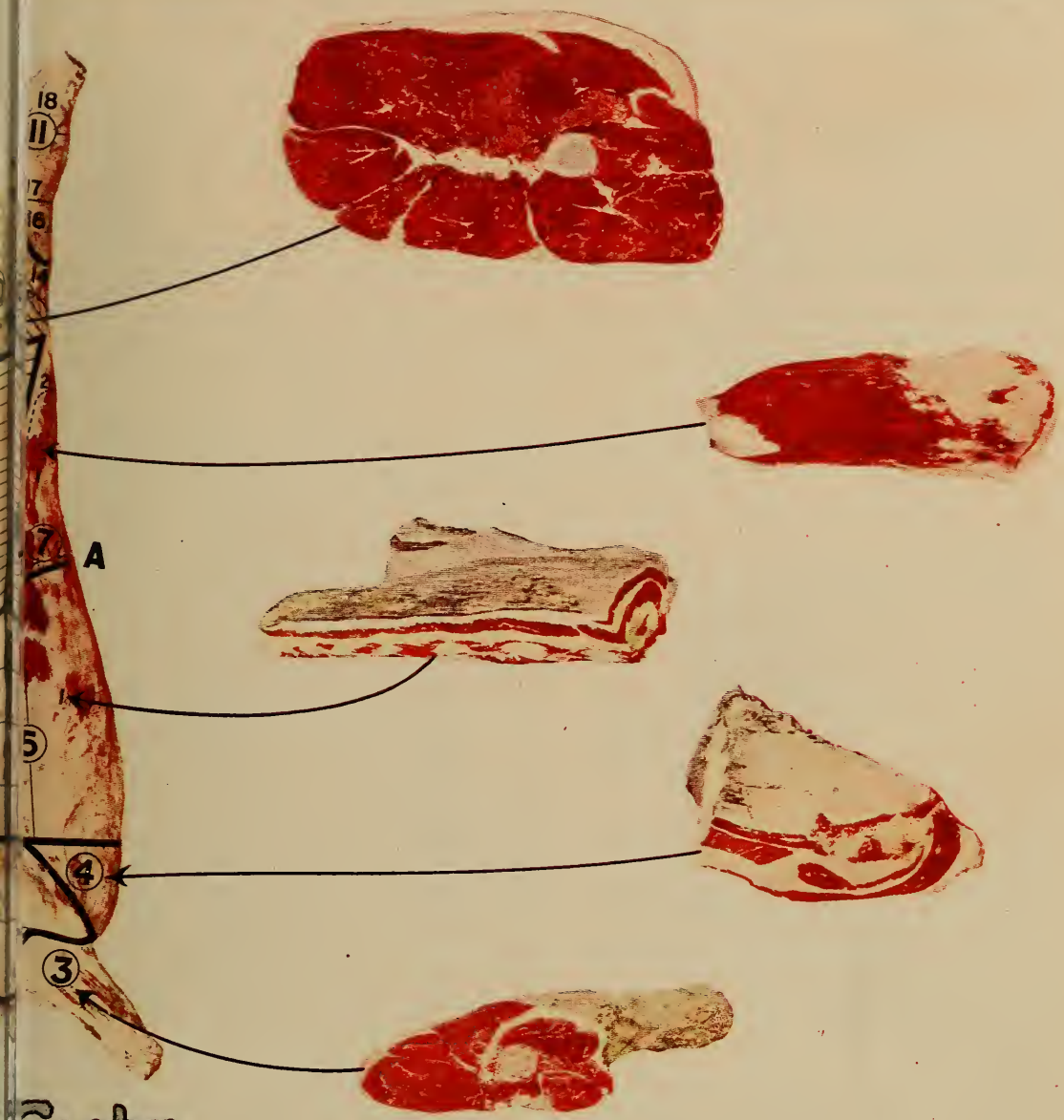

Cuts

HIND QUARTER

7 FLANK
1. Flank steak
2. Stew

8 LOIN
1. Butt end sirloin
2. Wedge bone sirloin
3. Round bone sirloin
4-5. Flat bone steaks
6. Pin bone steak
7-15. Porterhouse
16-18. Club steaks

9 RUMP

10 ROUND
1. First cut round steak
2-13. Round steaks
14. Knuckle soup bone
15. Pot roast.

11 HIND SHANK
16-17. Soup bones
18. Hock soup bone

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Recipes for Left-Overs

"The Wilson Label Protects Your Table"

It is necessary to prepare left-overs with care as over-cooking makes meat difficult to digest.

Meat prepared for left-overs should be sliced thin, chopped or ground finely. Any sauce must be thoroughly cooked before meat is added. A second cooking of meat is not advised, only a thorough heating or browning.

CECILS WITH TOMATO SAUCE

1 cup cold roast beef or rare steak finely chopped
Salt and pepper
Onion juice
Worcestershire sauce
2 tablespoons melted oleomargarine
Yolk 1 egg slightly beaten

Season beef with salt, pepper, onion juice and Worcestershire sauce. Mix in remaining ingredients, shape in the form of croquettes. Roll in flour, egg and crumbs. Fry in deep fat, drain and serve with tomato sauce or heated tomato catsup.

BEEF HEART MEAT LOAF—Good meat loaf may be made from left-over meat heart, by chopping it up very fine with a little cooked bacon or salt pork. It is then seasoned well, and mixed with an equal amount of boiled rice. It should be steamed until heated through and then served with a savory tomato sauce. It can also be chilled and sliced.

Left-over beef heart may be sliced or minced and served with gravy. It can also be served cold in thin slices with a meat relish, in which case beaten eggs should be added to the dressing to hold it intact.

COLD MEATS GLAZED—Meats that have been cooked specially to serve cold—such as boiled tongue, braised corn beef, etc., may be enhanced for service by a thick jellied coating. This coating differs from jellied stock since the basis is a sauce such as brown, tomato or white sauce—enriched with egg yolks. To each cupful of this hot mixture, add a tablespoon of granulated gelatine softened in cold water. Meat should be covered thickly as the sauce stiffens. Bits of parsley, green peppers or pimento strips may be added for a garnish. With a little practice, attractive dishes for company occasions can easily be prepared.

DRY OR SUMMER SAUSAGES—a happy compromise between fresh and canned meat. These meats may be served alone or may be used in preparing left-over dishes. Many housekeepers are familiar only with the pork sausage which is so popular on winter mornings. They do not know of the newer varieties. Summer sausage is always ready for use at a moment's notice, and as it is concentrated in bulk and highly seasoned, it keeps better than any meat not canned. Foreign nations have long used summer sausage as a staple food; but only in recent years have many varieties been made successfully in this country. Summer sausage made under Government inspection, and carrying the brand of a reliable company, will suit particular people. The meats are carefully blended and skillfully seasoned, and many combinations are offered to suit different tastes. Summer sausage comes in convenient form for the picnic basket, or for the use of campers. Summer sausage sliced cold and surrounded with a savory potato salad, is delicious. It can be lightly chopped and served on toast with the addition of a white sauce. It is often minced and blended with left-overs to add flavor or else served sliced and crisped in the frying pan with potatoes. A very savory omelet can be made by the addition of summer sausage chopped fine. A delicious sandwich can be made by mixing chopped summer sausage with butter and spreading it on crackers. A plain lettuce salad with a little summer sausage mixed with the dressing takes on new character. Cabbage and potato salad with bits of sausage added have a perfect right to put on airs, for they are the "something different" which every housewife likes to serve. The emergency shelf is never completely stocked unless it contains one or two varieties of dried sausage.

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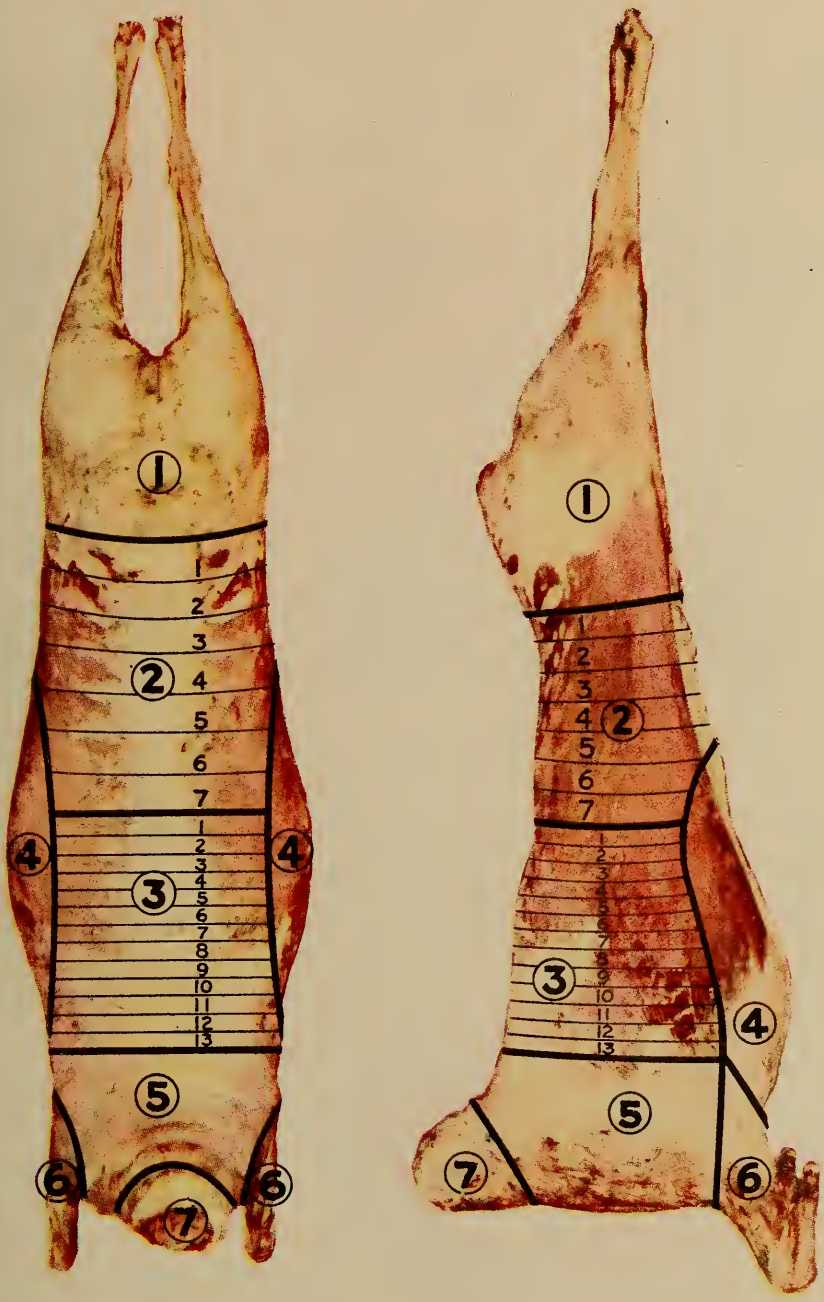

MUTTON AND LAMB CUTS

The meat should be of a deep red color and firm to the touch—the fat creamy-white and solid.

1	LEG	Roasts
2	LOIN	Roasts and Chops
3	RIBS (or hotel rack)	Roasts and Chops
4	BREAST	Roasts and Stews
5	CHUCK (Shoulder)	Roasts and Stews
6	SHANK	Broth, Soups and Stews
7	NECK	Broth, Soups and Stews

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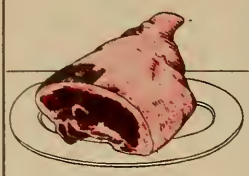
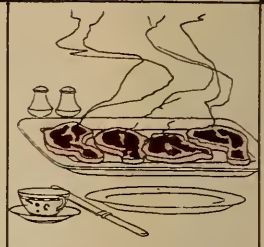


Selection of Mutton



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THE dividing line between lamb and mutton is not based wholly upon age; a well bred and well fed animal, twelve or eighteen months old, may still belong in the lamb class, while a yearling of rangy stock, which has been poorly fed, yields meat of an inferior grade of mutton.

The best grade of mutton consists of fat, heavy meat. Light and flabby meat is not very palatable. Lamb rarely is an economical meat to serve. The relative difference in food value between lamb and mutton is the same as between veal and beef.

Mature meat furnishes more nutrition, but has a more pronounced flavor. Lamb has a delicate taste and the fat is not as strong as it is in mutton.

The consumption of ewe lambs should be discouraged, as it adds greatly to the cost of properly aged meat and contributes to the scarcity of wool. The mutton flavor, to which many object, is largely due to the outside fat, so that this fat, together with any particles of heavy skin, should be removed before cooking. The meat should be of a deep red color and firm to the touch; the fat, creamy, white and solid. Mutton absorbs odors easily, so it must be kept in a cool place under proper conditions. Mutton may be placed in spiced vinegar or in a marinade and kept in it for some time to absorb the flavor and to become more tender.

The forequarter of mutton is cheaper than the hindquarter, as the amount of bone is greater and the flesh is less tender; but the forequarter has more flavor and so is excellent for stews and soup. As more of the fat of mutton dissolves in cooking than does the fat of beef, it is desirable to skim off a portion of this fat before serving the stew.

A shoulder roast, boned, stuffed and rolled, is appetizing served hot and the meat will slice well when cold. The rib chops are dainty, but very expensive. The loin chops serve better, as they have a greater amount of meat on them.

A leg of mutton may be boiled or roasted. The saddle from the two sides of the loin furnishes a choice roast for special occasions, as does also the crown of lamb, which is made from the ribs on each side, cut in the form of a circle.

Mutton should be served hot in every detail, as mutton fat hardens at a higher temperature than other fats. Fat usually calls for an acid to add flavor; hence, the use of capers, mint sauce, tart jelly, and spiced fruit with mutton or lamb. A bit of garlic inserted in a leg of mutton before roasting, improves the flavor. Herbs well rubbed into the surface and the whole wrapped in cloth before cooking to retain the flavor, produces boiled mutton that is unusual.

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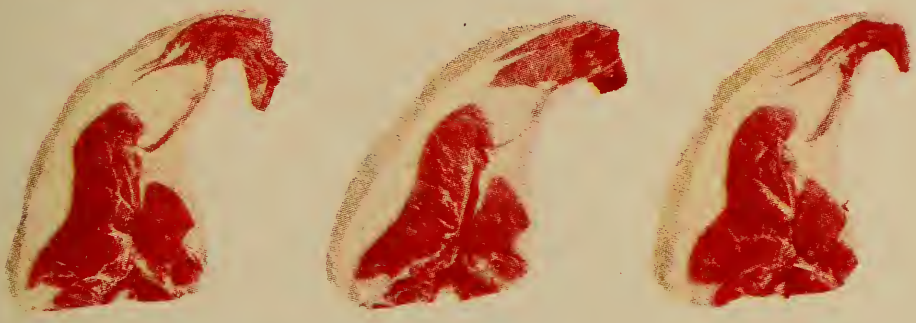
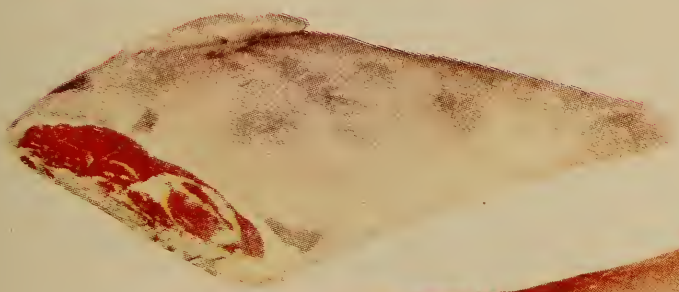
LAMB AND MUTTON CUTS

FRENCH RIB LAMB CHOPS

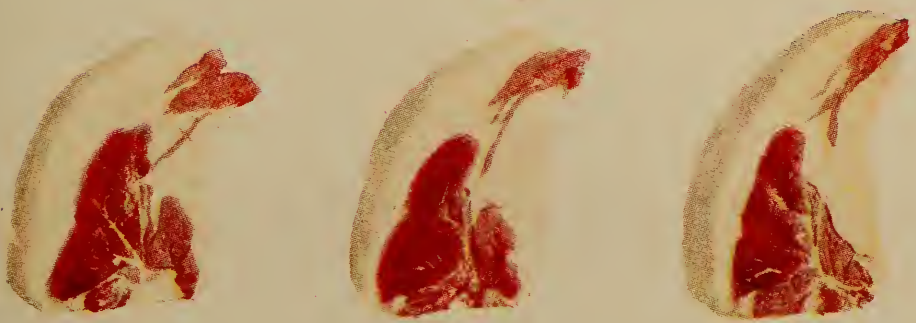


LOIN LAMB CHOPS



LEG OF LAMB

LOIN ROAST



ENGLISH MUTTON CHOPS

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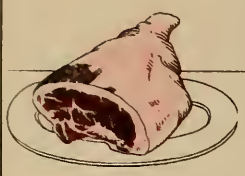
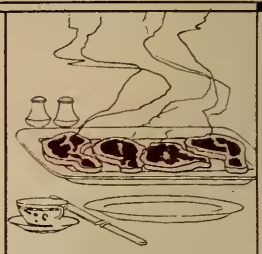


Mutton Recipes



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SUGGESTED USES OF LAMB BY-PRODUCTS—Pickled lamb tongues are popular served cold, and the tongues, boiled and baked, and served with a sauce, are delicate and savory. The kidneys are broiled with bacon, en brochette (sliced and strung on a skewer before broiling), or else they can be stewed with onions and carrots in the English fashion. The heart may be stuffed, boiled and browned with salt pork. The liver is usually fried in the same manner as calf's liver. The brains are sometimes substituted for calf's brains in made dishes, or else they are scrambled with eggs or they may be breaded and fried. It is best to simmer or steam the brains first to make them tender. The addition of a little lemon juice will whiten them and make them firm.

MUTTON IN CASSEROLE—Wipe the meat with a damp cloth—cut it in uniform pieces, and roll in seasoned flour. Brown part of the meat in hot drippings, then place all the meat in a casserole (or a kettle if it is to be cooked on the range instead of in the oven). Add carrots, onion and parsley, and cover with cold water if a rich broth is desired. Cook very slowly until the meat is quite tender. Remove the bone, which will slip easily from the meat when the cooking is finished. Drain the liquid off and thicken with flour. Pour the sauce back over the meat and serve piping hot. Dumplings may be added, or potatoes put in with the meat when it is partly cooked.

STUFFED LEG OF MUTTON—Prepare the following dressing: Take two cups of soft bread, which has been soaked in cold water until well moistened, and then all the possible liquid pressed out. Season the bread with salt and pepper. Add a little thyme or sweet marjoram, together with a little onion, some fat and a beaten egg. Place this dressing in the boned meat, skewering the ends into shape. Have the oven very hot and place the meat in a pan. When the surface is seared, reduce the heat, dredge the meat lightly with flour, and add any other left-over seasoning, and baste every fifteen minutes unless a covered roasting pan is used. A six-pound roast will require from one hour and a half to two hours.

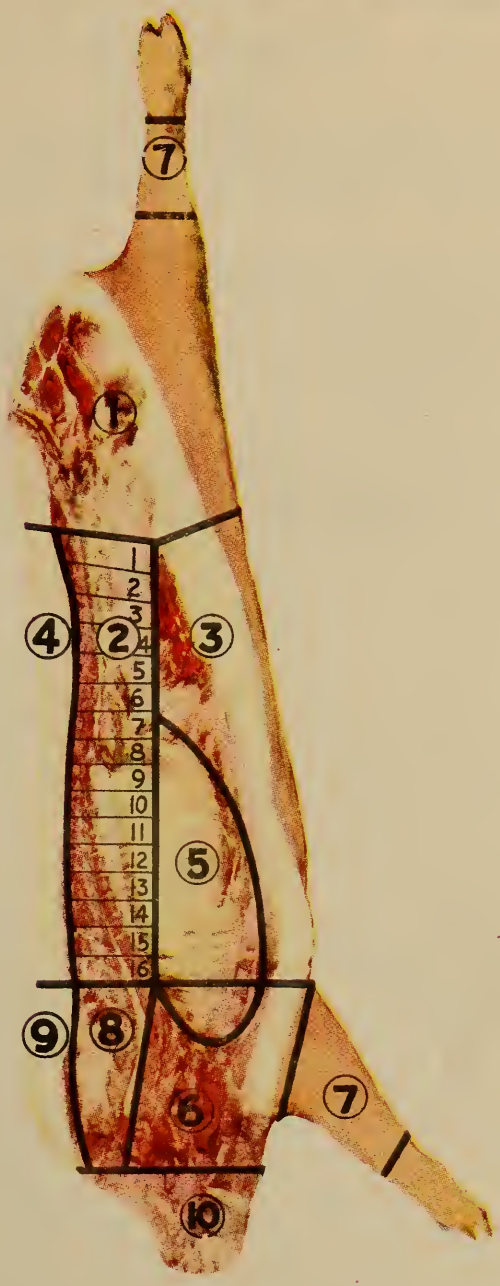
BROWNED BREAST OF MUTTON—Cook the meat in a small quantity of water until very tender, seasoning it with salt and pepper, a little garlic and parsley. Drain the meat well, put it into a shallow pan or baking dish and brown in a hot oven. Make a thickened gravy from the stock, coloring it with a little prepared caramel if desired. Serve meat with boiled rice and the gravy. Carrots may be boiled with the meat and browned afterwards with a little sugar and meat dripping if desired.

HOT POT OF MUTTON AND BARLEY

1 pound mutton
½ cup pearl barley
1 tablespoon salt
4 potatoes
3 onions
Celery tops or other seasoning herbs

Cut the mutton in small pieces, and brown with the onion in fat cut from meat. This will help make the meat tender and improve the flavor. Pour this into a covered saucepan. Add two quarts water and the barley. Simmer for one and one-half hours. Then add the potatoes cut in quarters, seasoning herbs, and seasoning, and cook one-half hour longer.

MUTTON STEW WITH BARLEY—Cut meat from the neck or breast into small pieces and put into a kettle with enough water to cover. Use about a cup and a half of water to a pound of meat. Add onions, carrot, salt and pepper. For each pint of liquid add a third of a cup of pearl barley. Simmer gently for two to three hours.



PORK CUTS

1 HAM—It is more economical to buy a whole ham. The butt can be baked, the center sliced—fried or broiled, the shank boiled, and the rind used for seasoning.

2 LOIN—Roasts and chops.

3 BELLY—Used for bacon. The best grade of bacon, "Certified," brand is the heart of this cut.

4 FAT BACK—Smoked or pickled.

5 SPARE RIBS.

6 PICNIC BUTT (Shoulder)—Roasts, steaks, chops, hams.

7 HOCK—Stewed and pickled.

8 BOSTON BUTT—Steaks and roasts.

9 CLEAR PLATE—Smoked, salted, pickled.

10 JOWL—Used for cheap bacon and generally cooked with baked beans.

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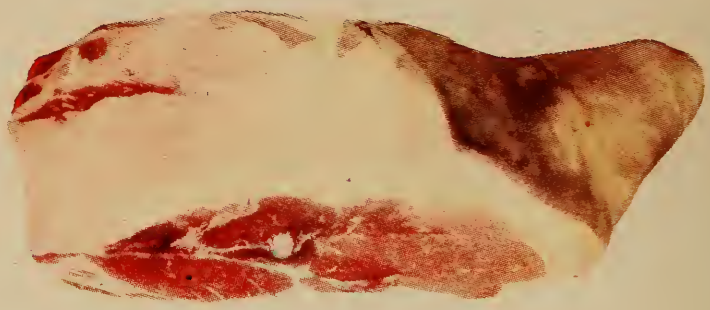
PORK CUTS

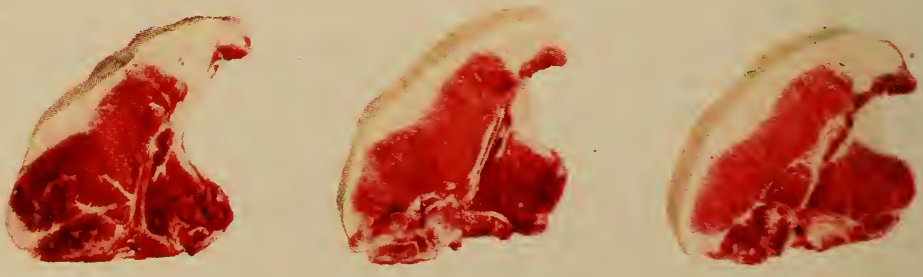
Pork contains more fat than any other meats. Then, too, the method of cutting a side of pork differs from that of other meats. Hams may be purchased fresh or cured. Shoulders are corned, smoked, or they, too, may be purchased fresh. Fat salt pork comes from the back on either side of the backbone.



SHOULDER ROAST

LOIN ROAST

FRESH HAM



LOIN CHOPS

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Pork Recipes

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CROWN OF ROAST PORK

3 pounds of ribs or loin of pork
Flour, salt and pepper, mixed

Select two loins containing ribs. Trim the rib ends to make them even without making them too long. Dredge with seasoned flour. Place in baking pan, rib ends down; also put in the pork trimmings. Bake in hot oven two hours. Baste every 15 minutes with the drippings. When done, remove to heated platter, ribs up. Surround with browned potatoes and small baked apples, alternating. Paper frills should garnish the rib ends and a large bunch of parsley should be placed in the center.

CHOP SUEY

Meat from 8 pork chops
2 large onions
2 cups mushrooms
1 stalk strong celery
2 tablespoons cornstarch
4 teaspoons sugar
¼ cup olive oil
3 slices bacon cut fine and fried
1 tablespoon Worcestershire sauce
1 cup warm water

Cut meat, mushrooms, celery and onions in small pieces. Chop onions if preferred. Blend cornstarch and sugar in warm water; saute meat in olive oil or bacon fat until well browned, then add vegetables. Last add water. Cook one-half hour, stirring briskly, then add Worcestershire sauce.

Serve with steamed rice. This is a suitable one-piece meal.

SOUTHERN POT ROAST

1 small pork shoulder
1 medium onion sliced
2 cups canned tomatoes
Salt and pepper
2 tablespoons flour

Fry out the trimmings in pan suitable for the roast. Remove cracklings and all fat leaving but one tablespoon. Add flour. Brown slowly. Add onion. Brown slightly then add tomatoes. Season the meat and add. Cook in fireless cooker four hours.

BREADED PORK CHOPS

6 pork loin chops
Bread crumbs
Salt and pepper

Wipe chops. Season. Dip in bread crumbs. Cook slowly in small amount of heated fat, till tender. Brown well on one side before turning. Turn and brown on other side. Remove to heated platter and garnish with fried apples.

BAKED SPARERIBS WITH APPLES

Wipe fresh spareribs carefully with a cloth which has been wrung out of hot water. Arrange the meat in a dripping pan and place in a hot oven which should have the temperature lowered gradually. Baste with drippings occasionally. When the meat is well browned place apples, which have been cored, in the pan with the meat. Fill the cavity of each apple with brown sugar and let bake until soft. In serving, arrange the apples as a border around the spareribs.

PORK SAUSAGES

One of the easiest dishes for the housewife to prepare is pork sausages. To fry link sausages cover with cold water and gradually bring to the boiling point. Pour off water and fry to a rich brown, turning frequently and being careful not to pierce with a fork.

After the sausages have been prepared in this way there are many ways in which they can be served which makes them suitable for a luncheon as well as for breakfast. They may be served with fried or baked apples, cabbage, onions, squash, turnips, rice, hominy, baked beans, and with potatoes of all kinds.

Sausage meat which may be purchased already made in patties, in bulk form or in bags, can be used in a great variety of ways. It may be prepared with cracker or bread crumbs and raw eggs to hold it together and baked till brown; or it may be used in combination with other meats in preparing meat loaf. Then, too, when mixed with bread crumbs it makes a delicious stuffing for fowls.

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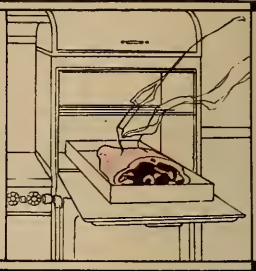
Ham Recipes



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BAKED HAM WITH APPLES

2-pound slice ham cut ½ inch thick
2 large baking apples
Brown sugar

Trim rind from ham and keep for seasoning purposes. Remove fat. Mince or put through food chopper. Sprinkle the ham with brown sugar and then spread on the minced fat. Place in baking pan. Core the apples, cut in two crosswise and place on ham. Sprinkle apples with brown sugar. Pour hot water in pan. Bake in moderate oven for one hour.

HAM EN CASSEROLE

Slice of ham cut 1½ inches thick
2½ cups of potatoes
2 cups milk

Wash and pare potatoes. Slice thin. Soak in cold water 1½ hours. Drain. Put ham in casserole. Cover with potatoes. Pour over the milk. Cook in moderate oven 1 hour uncovered. Cook 1 hour more, covered. Serve in casserole.

SOUTHERN HAM

Put a slice of ham in a casserole. Sprinkle over with brown sugar and dot with oleomargarine. Pour over 1 cup of milk. Bake in a slow oven for an hour. Serve in casserole dish.

HAM A LA KING

2 cups ham cooked and diced
2 cups medium white sauce
2 hard cooked eggs sliced
1 cup mushrooms quartered
1 pimento cut in narrow strips
1 minced green pepper

Heat the white sauce. Add green pepper, pimento, mushrooms and ham. The egg may be used as a garnish or added with the other ingredients.

ARKANSAS HAM

Cook thin slices of ham in hot frying pan until slightly browned. Remove to hot platter. To the fat in the pan add the following mixture well beaten:

3 tablespoons vinegar
1½ teaspoons mustard
1½ teaspoons sugar
Paprika

When mixture is thoroughly heated, pour over ham and serve at once. Ham cut about one-half inch thick is sometimes preferred to the thin slices.

BOILED HAM WITH LIMA BEANS

Examine the ham carefully and trim off bits of hard skin around the end of the bone. Wash very thoroughly, place in kettle, and cover with cold water. Cook slowly until tender, allowing about one hour for every three pounds. When cooked serve in thin slices with fresh or canned lima beans as a border around the ham. Potatoes may be boiled with the ham, by placing in the kettle about one half hour before the ham is ready to serve. This makes a good one-dish meal.

STUFFED HAM ROLL

Slice of ham ¼-inch thick, cut from center of ham

2 cups moistened bread crumbs
1 tablespoon minced parsley
1 cup tomato juice

Spread bread crumbs over ham; sprinkle parsley over it. Roll up and tie. Pour over tomato juice, adding a little hot water. Place in baking pan, basting occasionally during the two hours usually required for the baking process.

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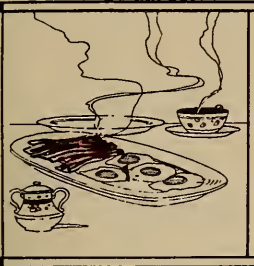

Sliced Bacon

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BROILED BACON is at once the most easily digested and the most savory of all forms of cooked fat. Choice bacon of a dependable brand is uniform both in its quality and its proportion of fat and lean. Bacon is one of the few meats that can be kept on hand constantly and cooked quickly. It is one of the few meats of which people never tire. Sliced bacon in packages proves convenient in an emergency and is unexcelled in flavor. The addition of a few slices of bacon improves many meat and vegetable dishes. A breakfast of bacon and eggs will satisfy almost any man and is one of the easiest breakfasts that the cook can prepare.

Bacon can be cooked in several ways but the best results are obtained by having the bacon cold and the fire hot. Bacon that has stood in a hot kitchen becomes soft and will not crisp nicely. Broiling is the ideal method of cooking bacon. A fine wire rack should be used to hold the slices in place, since the regulation broiler of a gas range will prove too large. Place the rack over a pan to catch the dripping, have a hot fire and turn the bacon as soon as one side is lightly cooked and finish the browning quickly. Place the cooked bacon on pieces of soft paper and drain the fat while it is still warm.

When the oven is in use, bacon can be baked on the rack in a similar manner. Some cooks prefer the following way of frying bacon: Put boiling water in the pan to cover the bottom and boil the bacon quickly until the water has cooked away, finish the browning with dry heat. The quickest way to cook bacon is to put the slices in a hot pan, turning them as soon as they have browned on one side. When it is desired to draw out the fat, use a slow fire. Place the bacon in a frying pan heated gradually; frequent turning will insure even cooking, and increased heat at the last results in crisp slices.

Overheated fat is unwholesome, so care must be taken to avoid scorching. The drained fat that remains is very useful in many forms of cooking. It should be strained and kept in a cold place where it will be ready for use in a sauce for other meats, or in a milk gravy for potatoes (boiled, baked or re-heated). It can also be used to sauté cooked potatoes, to enrich the dressing of a potato salad, or a bread stuffing for fowl and meat.

Bacon is an economical meat, as every bit of both fat and lean is utilized. Left-over bacon may be used in sandwiches or cut up in scrambled eggs, omelets, cereals or stuffed eggs. It can be crushed fine and sprinkled over stewed potatoes or baked stuffed potatoes. It can also be sprinkled on green or lima beans, used in a cream sauce for toast or as a spread for bread.

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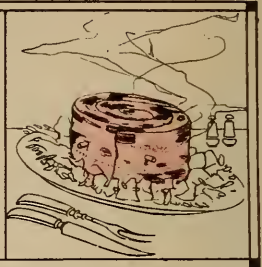
Vegetables served with Meats



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In order to have satisfying and "balanced" meals, certain food combinations are necessary. Methods of cooking as well as the choice of vegetables served with meat are very important.

Then, too, to appeal to the appetite one must not only cook well but she must serve food attractively. Many foods may be suitable from a dietetic standpoint but may not please the eye and so tempt the palate.

The suggestions presented here will surely be helpful to all.

ROASTED OR BAKED MEATS Serve one vegetable from each group.

Kind of Meat	Starchy Vegetables	Green or Succulent Vegetables	Other Dishes
Baked or roasted ribs of beef	Mashed potatoes Browned or glazed sweet potatoes Baked winter squash	Beets String beans Young lima beans Asparagus Corn Baked tomatoes Parsnips	Yorkshire pudding
Roast beef, sirloin	Baked white potato Baked sweet potatoes Baked winter squash	Asparagus cuts Young lima beans Brussels sprouts Spinach Carrots Corn Baked tomatoes	Yorkshire pudding
Roast loin of veal	Boiled rice (used as a vegetable)	Spinach Cauliflower Brussels sprouts	
Baked or roasted leg of mutton	Mashed or riced white potatoes Rice croquettes (served as vegetable)	Mashed turnips Brussels sprouts	Brown sauce
Saddle of mutton		Peas Asparagus tips	Plain baked macaroni
Baked or roasted ham	Southern sweet potatoes Pan-baked winter squash	Brussels sprouts Spinach	Champagne sauce Cider sauce
Roasted loin of mutton	Rice croquettes (served as vegetable)	Tomatoes	
Roasted fresh pork	Potato Baked pumpkin	Cole slaw Kale	Apple sauce
Baked fillet of beef	Croquettes of white or sweet potatoes	Peas	Mushroom sauce (always)
Baked beef hearts	Potatoes cut in fancy shapes and fried in deep fat	Peas Asparagus tips	
Baked sweetbreads		Peas with brown sauce Peas with glazed mushrooms	Brown sauce Mushrooms and cream sauce

BROILED MEATS

Broiled beef steaks For dinner	White potatoes on the half shell Sweet potatoes on the half shell Potato croquettes	String beans Peas Asparagus	
For luncheon or supper	Hashed brown potatoes French fried potatoes Creamed potatoes	Celery Lettuce with French dressing	
Broiled sweetbreads		Peas	Rolls
Broiled mutton chops	Creamed potatoes	Peas	
Broiled ham For dinner	Browned mashed potatoes	Cole slaw	Fried Apples
Broiled fillet of beef		French salad Asparagus salad	Hollandaise sauce

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Vegetables served with Meats

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BOILED MEATS

Kind of Meat	Starchy Vegetables	Green or Succulent Vegetables	Other Dishes
Boiled beef or pot roast	Boiled potatoes Baked winter squash	Boiled turnips Cabbage Stewed tomatoes	
Boiled corn beef	Boiled potatoes	Cabbage Kale Greens Turnips	
Boiled beef tongue	Boiled rice (as a vegetable)	Carrots	Stewed raisins
Boiled leg of mutton	Boiled rice (as a vegetable)	Stewed turnips	Caper sauce
Boiled ham	Potatoes	Cabbage	Apple sauce
Boiled fat salt pork	Navy beans	Boiled cabbage	Apple sauce

MISCELLANEOUS MEAT DISHES

Rolled steak	Baked sweet potatoes Baked white potatoes	Stewed turnips Carrots	Tomato sauce
Brown stew		Stewed or baked tomatoes	Dumplings
Beef a la mode		Macedoine of vegetables	Brown sauce
Liberty steaks	Baked potatoes Creamed potatoes		Brown sauce Tomato sauce Stewed mushrooms
Stuffed meat	Mashed potatoes	String beans Carrots Parsnips	
Creamed dried beef	Baked potatoes		Corn bread Toast
Veal cutlets	Rice balls (as a vegetable)		Tomato sauce Brown sauce
Veal stew		Baked tomatoes	Dumplings
Veal loaf For supper		Celery Tomato or apple salad with mayonnaise or boiled dressing	
Braised liver	Potato puffs		Mace and brown sauce Garnish with curled bacon
Braised leg of mutton	Rice (served separately as vegetable)	Carrots and turnips in dish with mutton	Brown sauce
Braised shoulder of mutton	Boiled rice (served as vegetable)	Mashed turnips	
Irish stew		Onions	Dumplings
Breaded mutton chops	Potatoes au gratin		Tomato sauce
Spring lamb	New potatoes Boiled rice (as vegetable)	Peas Asparagus	Mint sauce

COLD MEATS (Canned or left-over)

Roast beef		Chicory with French dressing	Creamed horseradish sauce Aspic jelly
Roast mutton		Sliced tomatoes with French dressing	
Roast lamb		Lettuce and chopped mint with French dressing	

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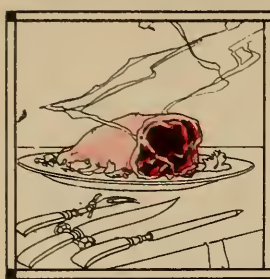
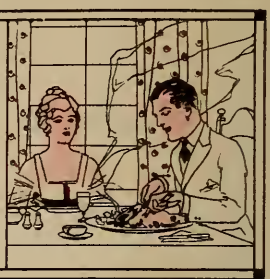


Carving



"The Wilson Label Protects Your Table"

A WELL cooked meat can lose its appetizing appearance if it is not carved well. There are a few points well worth knowing which are suggested in the following outline:

1. Type of chair: high enough to sit and carve at the table.

2. Size of platter large enough so that the legs of fowl or pieces of meat will not fall on table when cut off.

3. Skewers and string should be removed from meat before bringing to table.

4. Large fowls should be placed so that the head of the fowl is at the left of the carver.

5. Small fowls, as squab, should be placed crosswise of platter, head away from the carver.

6. Venison and mutton should be placed lengthwise, heaviest end at the left of the carver.

7. A roast of ham or leg of lamb or veal: place with thick end toward the right hand of the carver.

8. Standing rib roast: place toward left of the carver.

9. Beefsteak: place tenderloin nearest carver, especially if the carver does not know cuts of steak.

10. To learn first steps of carving: cut bread thin and even; then try veal loaf or meat without bone. Cultivate steady hand.

11. Round steak: do not remove bone; cut in right angles to bone.

12. Standing rib roast: cut away gristle between back bone and meat. (Cut meat from rib or carve thin slices to the rib; after carving enough slices remove meat from rib.)

13. Rolled rib roast: place meat side to platter; fork put in side and slices begin at right; should be very thin. Remove skewers and string before taking to the table.

14. Meat pie: cut in center to edge. If cup is in centre, remove.

15. Carving turkey or chicken: if family is small, one-half should be carved at first meal. Begin at breast bone; cut slices thin. Cut enough white meat. Take collar (paper) in hand and separate first and second joint; remove wing; do not divide if small family. Serve the dressing with a spoon. Ask the preference of each, for dark or white meat; or if a large number are present give a little of each. Duck is the hardest of all fowls to carve.

"This mark WILSON & CO. your guarantee"

Helpful Hints

"The Wilson Label Protects Your Table"

THERE are certain recognized limits in the cooking of meat dishes for small families. It is practically out of the question to get a choice roast of a weight less than five pounds. It is possible to make a pot roast out of a pound of meat if it is rightly cooked in a small close-covered kettle. Braised meat with vegetables can be satisfactorily prepared in small amounts if cooked on a rack in a kettle over a low fire, or in a covered roaster in a slow oven. Braised meat is richer than stewed meat, as less water is used and the broth is more concentrated. No more actual time need be spent in the kitchen in the longer, slower processes of cooking meat than in the shorter methods; but an earlier start is necessary. Unless ample time is allowed for cooking, it is useless to attempt such dishes, as the materials will inevitably be wasted, or the results poor.

No matter how slow the main process is in the cooking of cheaper cuts of meat, the first few minutes should be at strong heat to seal the surface of the meat and to retain the juices.

Boiled meat (it should not really boil but barely simmer at about 180° F.) goes further if prepared with a generous amount of liquid, and the addition of dumplings, biscuits, and strips of toast. The common practice of adding water while boiling meat, for the reason that the water cooks away, indicates bad fuel management.

Meat cut up for stewing gives a richer gravy than when cooked in one piece. It is a good plan to leave one solid piece of meat to slice cold, if the supply is sufficient for two meals. The cold meat should be left in the stock until it is ready to serve, so as to retain the moisture, but any vegetables that are in the stock must be removed, or the flavor will be too strong.

One advantage of slowly cooked meat dishes is that prompt service is not as necessary as with roasts, steaks and so forth. Tender, red meat deteriorates rapidly if allowed to stand after it is ready to eat, and much of the delicious flavor is lost. The stew, pot roast, and casserole dishes are equally good whether placed on the table at a certain moment or not. In fact, they can be kept an hour if necessary without any harm, provided they are kept hot. It is a great convenience, when a meal is delayed, to place the kettle over hot (but not boiling) water, without having the meal suffer.

Meat that has been cured in brine needs longer cooking than fresh meat; it is less easily digested, as the action of the salt hardens the tissues, so it should not be served frequently, and never served to the very young or very old. For variety, cured meats may be served occasionally, if they are gently and thoroughly cooked.

"This mark WILSON & CO. your guarantee"

Helpful Hints

"The Wilson Label Protects Your Table"

BULLETINS OF THE UNITED STATES DEPARTMENT OF AGRICULTURE

AMERICAN markets furnish a great variety of food stuffs. New fruits and vegetables are constantly being supplied through the help of the Government. It is worth while to try out foods that other countries have found valuable. The Government Bulletins tell how to select and use untried products, and the retailers are always glad to show a new article. You will also find that the Government bulletins issued by the Department of Agriculture will give you full information on all the staple goods you use in your homes It is a pity that these bulletins, which cost so little, are not in use in every home. They treat of almost every subject pertaining to the home in a clear, concise manner. These bulletins contain a fund of practical knowledge, worked out by trained, scientific experts. This knowledge is presented in terms easily understood.

The list of the numerous Government publications, together with their price, can be secured by writing to the Department of Agriculture at Washington. Many of these bulletins are free; for others, a small charge is made.

We are indebted to the Department of Agriculture for much of the information contained in this booklet.

The Department of Agriculture has published a great number of bulletins, free to the public as long as the first edition lasts. A complete list will be sent to anyone who writes the department at Washington. Any bulletin not procurable through free distribution may be obtained at a cost of five or ten cents from the Supt. of Documents, Government Printing Office, Washington, D. C.

Following is a partial list of practical pamphlets for the house. Numbers below five hundred are mostly exhausted in the free list.

Bread and Bread Making in the Home	No. 807
Cereal Breakfast Foods	" 249
Cheese and Its Economical Uses in Diet	" 487
Eggs and Their Uses as Food	" 128
How to Select Foods: Body Needs	" 808
How to Select Foods: Protein Foods	" 824
Fresh Fruits and Vegetables	" 871
Foods—Nutritive Value and Cost	" 142
Fats and Their Economical Use in Home	" 469
Care of Food in the Home	" 375
Food for Young Children	" 717
Fish as Food	" 85
Honey and Its Uses in the Home	" 653
Beans, Peas and Other Legumes	" 121
Meats: Composition and Cooking	" 34
Mutton and Its Value in Diet	" 526
Milk as Food	" 74
Potatoes, Sweet Potatoes, etc.	" 468
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Sugar and Its Value as Food	" 535
Preparation of Vegetables	" 256

"This mark WILSON & CO. your guarantee"

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"This mark WILSON & CO. your guarantee"

MEMORANDUM

The Wilson Label Protects Your Table

YOU have profited when you have one sure indication of the purity, quality and healthfulness of the food products you buy for your family.

You are benefited when you have one guide to the selection of your food products—one symbol upon which you can rest your judgment in confidence. You are protected not only in the purchase of the foods, but in their use.

The Wilson label, wherever you see it, identifies a food product on which you can thoroughly rely. You may depend upon the cleanliness, wholesomeness and excellence of Wilson products. Their appearance alone will endorse all we say of them and all that the Wilson label means.

We mean that the phrase "The Wilson Label Protects Your Table" shall convince you of its truth. The only way in which it can convince you satisfactorily is through actual experience in using Wilson food products in your own home.

Everything bearing the Wilson label has been selected, handled and prepared with respect. By this respect we mean the same thoughtfulness and carefulness with which your own mother would prepare the favorite dish for the family.

The familiar "W-shaped" Wilson label, with the "big red W" trade mark, stands for our good faith and our pledge to you that Wilson food products are exactly what we say they are. You can buy them with the fullest confidence in their quality.

The Wilson Label Protects Your Table

"This mark WILSON & CO. your guarantee"

A partial list of Wilson's Certified Brand Products sold under our "money-back" guarantee

Sweet Corn	Cherries
Green Peas	Blue Berries
Tomatoes	Raspberries
String Beans	Strawberries
Beets	Catsup
Pork and Beans	Chili Sauce
Leaf Spinach	Jellies Jams
Asparagus Tips	Preserves
California Peaches	Peanut Butter
Hawaiian Pineapple	Mince Meat
	Olives
	Sardines
	Salmon
	Corned Beef Hash
	Ox Tongue
	Veal Loaf
	Vienna Style Sausage
	Butterine

Beans that *are* Beans

PLUMP, toothsome beans—cooked just right—with a bit of juicy pork to season them and rich tomato sauce to add zest for you.

And tomato catsup to make them even better—Wilson's Certified Catsup—made of big, ripe tomatoes and pure, snappy spices!

Two of our famous "money-back guarantee" Certified products.

Every Wilson product must be selected and prepared with *respect*, just as your own mother might prepare it for you.

Make the Wilson label your guide in the purchasing of food for your home. If your dealer cannot supply you with Wilson Food Products, write us, giving his name and address, and we will arrange to supply your requirements—our distribution is national.

"This mark WILSON & CO. your guarantee"
CHICAGO

The Wilson Label Protects Your Table

"This mark WILSON & CO. your guarantee"

Wilson's Certified Brand Canned Peas

The best you ever tasted
—or your money back

FLAVORY, tender green peas—the very finest grown—picked when just right for the table!

You will say—"I never tasted such good peas"—when you try Wilson's Certified Brand.

Only peas of uniform size—plump, full-flavored and fresh from the vines—are good enough to win Wilson's Certified Brand—the label of perfect quality.

All the fruits and vegetables we put up are prepared with unusual care, under the most sanitary conditions.

Wilson Certified Brand canned foods and table specialties possess such a high degree of excellence that we place our "money-back" guarantee right on the label.

The name Wilson & Co. is the symbol of superior quality in these products, just as it stands for highest excellence in all other Wilson food products.

Our "money-back" guarantee stands alongside your confidence in your dealer. Ask him for Wilson's Certified food products. If he cannot supply you write us giving his name and address and we can stock him very quickly.

"This mark WILSON & CO. your guarantee"

CHICAGO

A partial list of Wilson's Certified Brand Products sold under our "money-back" guarantee

Sweet Corn	Loganberries
Green Peas	Raspberries
Tomatoes	Strawberries
String Beans	Catsup
Beets	Chili Sauce
Pork and Beans	Jellies Jams
Pumpkin	Preserves
Leaf Spinach	Peanut Butter
Giant Asparagus	Mince Meat
Asparagus Tips	Olives
California Peaches	Sardines Salmon
Howaiian Pinespple	Corned Beef Hash
Cherries	Ox Tongue
Blackberries	Lunch Tongue
Blueberries	Veal Loaf

Oleomargarine

OUR GUARANTEE
IF YOU ARE NOT SATISFIED THAT THE CONTENTS OF THIS CAN IS OF THE HIGHEST POSSIBLE QUALITY, YOUR DEALER WILL REFUND THE PURCHASE PRICE.
WILSON & CO.
CHICAGO, ILL., U.S.A.

The Wilson Label Protects Your Table

"This mark WILSON & CO. your guarantee"

WILSON'S *Certified* Ham *and* Bacon

THE development of the Wilson institution means a steady betterment not only of methods of production but in the ***quality*** of the products wherever possible.

This is Wilson's "***Certified***" Ham and Bacon —the successors in name to our long-popular "Majestic" brand.

"***Certified***" is much more than a ***name***. It embodies all the good faith and sincerity of our organization, as symbolized in the Wilson label itself. "***Certified***" means to us—and we want it to mean to you—our personal responsibility. "***Certified***" on ham or bacon means that that product is as good as it can be made.

Rigidly selected from plump, young, cornfed porkers that meet our precise ***quality*** standard, ***Certified*** hams and bacon are given our patient, old-fashioned cure, and slow smoking which imparts a newer and more delicious flavor to the tender, juicy meat.

Your own mother could not be more careful or more thoughtful than we are in the selection and preparation of Wilson products. ***Respect*** governs every step—the respect that is due the foods which are to reach your table.

Wilson's Certified Ham and Bacon are now on sale all over the country. Ask your dealer for them. If he cannot supply you, we can stock him at once, as our distribution is national.

A partial list of Wilson's Certified Brand Products sold under our "money-back" guarantee

Sweet Corn	Catsup	
Green Peas	Chili Sauce	
Tomatoes	Jellies	Jams
String Beans	Preserves	
Beets	Peanut Butter	
Pork and Beans	Mince Meat	
Leaf Spinach	Olives	
Asparagus Tips	Sardines	
California Peaches	Salmon	
Hawaiian Pineapple	Corned Beef Hash	
Cherries	Ox Tongue	
Blue Berries	Veal Loaf	
Raspberries	Vienna Style Sausage	
Strawberries	Butterine	

The Wilson Label Protects Your Table

"This mark WILSON & CO. your guarantee"

Wilson's Certified Brand Hawaiian Pineapple

A delicious treat from the tropics

TEMPTING golden slices of luscious Hawaiian pineapple, filled with and surrounded by its own rich juice—a treat from the tropics! Nature gives to Hawaiian pineapple a most delicious flavor. We bring to you this tropic dainty in all its pure excellence.

We gather the choicest pineapples grown on the island, then pack them in the most sanitary and scientific manner, to give you the fruit at its best.

If you are not satisfied that Wilson's Certified Brand Hawaiian Pineapple is of the highest possible quality, just ask for your money back.

We give this unqualified "money back" guarantee on all Certified Brand fruits, vegetables and table delicacies. The name Wilson & Co. stands for the highest class in these products, just as it designates superior quality in Majestic Ham and Bacon and all other Wilson food products.

If your dealer cannot supply you with Wilson's Certified Brand write us and we will quickly arrange for him to be stocked. Our distribution is national.

A partial list of Wilson's Certified Brand Products sold under our "money back" guarantee

Sweet Corn	Hawaiian Pineapple	Preserves
Green Peas	Cherries	Peanut Butter
Tomatoes	Blue Berries	Mince Meat
String Beans	Raspberries	Olives
Beets	Strawberries	Sardines
Pork and Beans	Catsup	Salmon
Leaf Spinach	Chili Sauce	Corned Beef Hash
Asparagus Tips	Jellies	Ox Tongue
California Peaches		Veal Loaf

This mark WILSON & CO. Chicago your guarantee

THE WILSON LABEL PROTECTS YOUR TABLE

"This mark WILSON & CO. your guarantee"

Luscious!

A partial list of Wilson's Certified Products sold under our "money-back" guarantee

Sweet Corn
Green Peas
Tomatoes
String Beans
Beets
Pork and Beans
Leaf Spinach
Asparagus Tips
California Peaches
Pineapple
Cherries
Blueberries
Raspberries
Strawberries
Pumpkin
Catsup
Chili Sauce
Jellies
Jams
Preserves
Peanut Butter
Mince Meat
Olives
Sardines
Salmon
Ox Tongue
Veal Loaf
Ham
Bacon
Oleomargarine
Coffee

RED-RIPE strawberries—preserved by a splendid recipe—under the eyes of master chefs—in model kitchens—so that the lusciousness of the plump, ruddy berry is enhanced and kept for you—this is the secret of our Certified Strawberry Preserves.

Try them—and know them. Especially, enjoy them with tea biscuits made with Wilson's Majestic Lard and spread with Wilson's Clearbrook Butter.

Our Certified Strawberry Preserves are an example of what the Wilson Certified line of food products means for the home. Fruits, vegetables, meats, table specialties—all selected, prepared and handled with the *respect* your own mother would pay anything she prepared for you. And all our Certified canned and packaged foods bear our "money-back" guaranty.

Ask your dealer for "Wilson's Certified" goods. Should he not supply them, please write us and give us his name. We can quickly stock him, for our distribution is national.

"This mark WILSON & CO. your guarantee"

Wilson's Certified Brand Catsup and Chili Sauce

watched from tomato seed to bottle

WE PLANNED these condiments for you. We studied how to prepare them so that they would enhance the goodness of hot and cold meats, soups, macaroni dishes, gravies and the other foods with which you use them.

To have that perfect quality which earns Wilson's Certified Brand label they are made of big, plump, ruddy tomatoes with firm, solid meat—grown from the seed of our own selection—grown in those sections of Indiana famous for superior tomatoes. You taste the rich, ripe tomato flavor, mingled with just the right amount of choice spices.

When you pour Wilson's Certified Brand Catsup or Chili Sauce onto your plate you realize that at last the skill of the chef has given you the best that nature can offer.

The exacting standards of excellence, the scrupulous care and cleanliness, the handling with *respect*, which govern the production of Majestic Ham and Bacon, of our Certified Brand canned fruits, vegetables and table delicacies, and of all Wilson food products—these show their value to you in our catsup and chili sauce.

Specify Wilson's Certified Brand when you buy catsup and chili sauce. We promise you a richness, a flavor, a quality you have never before known.

"This mark WILSON & CO. your guarantee"
CHICAGO

A partial list of Wilson's Certified Brand Products sold under our "money back" guarantee

Sweet Corn	Raspberries
Green Peas	Strawberries
Tomatoes	Catsup
String Beans	Chili Sauce
Beets	Jellies
Pork and Beans	Jams
Pumpkin	Preserves
Leaf Spinach	Peanut Butter
Giant Asparagus	Mince Meat
Asparagus Tips	Olives
California Peaches	Sardines
Hawaiian Pineapple	Salmon
Cherries	Corned Beef Hash
Blackberries	Ox Tongue
Blueberries	Lunch Tongue
Loganberries	Veal Loaf

The Wilson Label Protects Your Table

"This mark WILSON & CO. your guarantee"

Wilson's
Certified Brand Coffee
The Perfect Blend

THE coffee experts of Wilson & Co. have brought to perfection the delicate art of blending coffee. The result of the "Wilson Blend" is a much finer, more delectable flavor than we have ever found in any other coffee.

We promise you a new delight when you taste a cup of Wilson's Certified Brand Coffee.

Quality, of course, begins with the coffee bean. But the *quality* coffees of various regions must be merged into one—a blending of the best in each—before they yield up their richest treasures in flavor and aroma.

We submit the achievement of our coffee experts to the judgment of all lovers of good coffee.

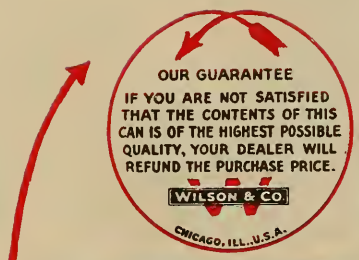
Blue Can Blend is our highest grade coffee. We back our belief in the superior quality of this blend of coffee with this remarkable guarantee:

If you do not say that Wilson's Certified Brand Blue Can Blend Coffee is the finest coffee you ever tasted, your dealer will refund the purchase price.

Red Can Blend is our popular-priced coffee. If you are not satisfied with the value of this blend your dealer will refund the purchase price. Ask your dealer for Wilson's Certified Brand Coffee.

This mark WILSON & CO. your guarantee

CHICAGO



"This mark WILSON & CO. your guarantee"

The Wilson Label Protects Your Table

"This mark WILSON & CO. your guarantee"

You Alone Are the Judge

The guarantee shown below is on every can of our Certified Brand fruits, vegetables and table specialties. It makes you the sole judge of these foods. We go on the principle that nothing is too good for our patrons, and to justify making this "money-back" guarantee we have to be *sure* that the foods merit it. This guarantee is our pledge to you personally that everything bearing our Certified Brand label is prepared and handled with the *respect* due that which is to be served on your home table.

OUR GUARANTEE

IF YOU ARE NOT SATISFIED THAT THE CONTENTS OF THIS CAN IS OF THE HIGHEST POSSIBLE QUALITY, YOUR DEALER WILL REFUND THE PURCHASE PRICE.

WILSON & CO.

CHICAGO, ILL., U.S.A.

A partial list of Wilson's certified food products

Corn Beef Hash	Blueberries
Ox Tongue	Gooseberries
Lunch Tongue	Loganberries
Veal Loaf	Raspberries
Sweet Corn	Strawberries
Green Peas	Plums
Tomatoes	Catsup
String Beans	Chili Sauce
Beets	Apple Butter
Pork and Beans	Peach Butter
Pumpkin	Jellies
Leaf Spinach	Jams
Asparagus Tips	Peanut Butter
Apricots	Mince Meat
Cherries	Olives
Blackberries	Sardines

If your dealer does not handle our Certified Products write us and we will see that you are supplied. Our distribution is national.

"This mark WILSON & CO. your guarantee"

MEMORANDUM

MEMORANDUM

"This mark WILSON & CO. your guarantee"

MEMORANDUM

"This mark WILSON & CO. your guarantee"

Fill out these coupons with names of your friends

Please send a copy of your book, "WILSON'S MEAT COOKERY" to

Name .....

Street .....

City ..... State .....

My grocer (or butcher) is .....

Address .....

Please send a copy of your book, "WILSON'S MEAT COOKERY" to

Name .....

Street .....

City ..... State .....

My grocer (or butcher) is .....

Address .....

Please send a copy of your book "WILSON'S MEAT COOKERY" to

Name .....

Street .....

City ..... State .....

My grocer (or butcher) is .....

Address .....

Please send a copy of your book "WILSON'S MEAT COOKERY" to

Name .....

Street .....

City ..... State .....

My grocer (or butcher) is .....

Address .....

Please send a copy of your book "WILSON'S MEAT COOKERY" to

Name .....

Street .....

City ..... State .....

My grocer (or butcher) is .....

Address .....

"This mark WILSON & CO. your guarantee"

MAGILL-WEINSHEIMER CO., CHICAGO

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